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A FEISTIER BARACK OBAMA EMERGES IN SECOND DEBATE AGAINST MITT ROMNEY PAGE 13

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Did Hudak miss the subway vs. LRT debate?

He doesn't think so. Ontario Conservative leader says he would still try to divert LRT funds in order to build subways

Progressive Conservative Leader Tim Hudak has thrust Toronto's political hot potato — the transit file — to the forefront of an eventual Ontario election.

On Tuesday, only hours after Premier Dalton McGuinty announced his resignation, Hudak was at Nathan Phillips Square, inserting his foot firmly in the door of yet another debate over the merits of subways versus LRTs.

He promised to dedicate as much as possible of the $8.4 billion the province has long promised for Toronto transit expansion (including $330 million from Ottawa) toward building underground transit — potentially diverting some money from the LRT program recently firmed up and already underway.

Accompanied by council allies of the pro-subway mayor, Rob Ford, Hudak also repeated his pledge of last week to build subways, upload the TTC's current subway lines and new LRTs to provincial control, and supersize the transportation agency Metrolinx.

But there's a catch: Building more subways will have to wait until the $14.4-billion provincial deficit has been eliminated, said Hudak, suggesting it might be years before he's able to expand transit even if an election were held this year or in early 2013.

He conceded that he doesn't know how feasible redirecting funds will be if he becomes premier and the LRT projects are already well underway.

"We'll be practical about this.... Whatever dollars are in the existing pool, I'll maximize those to go underground," said Hudak, who also echoed Ford's repudiation of streetcars.

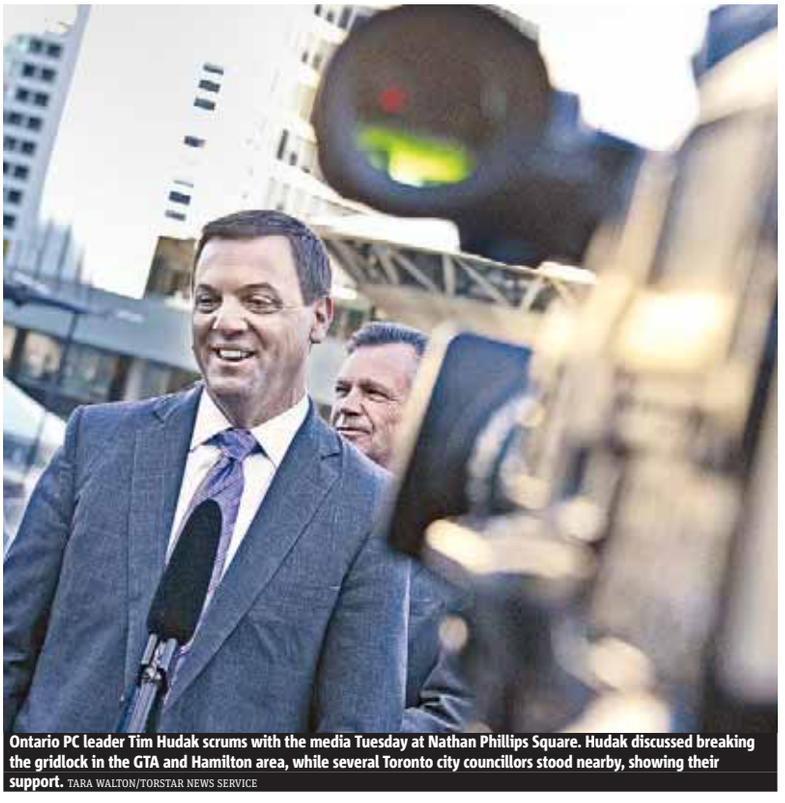
While acknowledging that the province can spend its transit funds as it chooses, TTC chair Karen Stintz said the LRT lines planned for Eglinton, Finch, Sheppard and the Scarborough RT have already left the station.

The master agreement spelling out how the $8.4 billion will be spent is close to being signed by the city manager. Council will be officially informed of that agreement in November, she said.

TORSTAR NEWS SERVICE

Contracts on the way

"There's no decision by council to revisit what we've approved. We were asked to make a decision on our transit future. We made it."
TTC chair Karen Stintz



Ontario PC leader Tim Hudak scrums with the media Tuesday at Nathan Phillips Square. Hudak discussed breaking the gridlock in the GTA and Hamilton area, while several Toronto city councillors stood nearby, showing their support. TARA WALTON/TORSTAR NEWS SERVICE

The price of autism

Parents of an autistic child tell Metro why they chose therapy that's a financial burden PAGE 8

Condo sales see 20.5% drop

Prices also expected to remain flat through 2013, thanks to the condo boom: TREB PAGE 10

Someone else takes the lead

New film Alex Cross features character popularized by the one and only Morgan Freeman PAGE 24

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Police standoff

Alleged abductor in Durham hostage taking is former Oshawa councillor

The man who has barricaded himself inside a Whitby auto shop is former Oshawa city councillor Robert Lutczyk, who allegedly abducted a city solicitor Monday night, Torstar News Service has learned.

A lengthy standoff continued in Whitby Tuesday night after city solicitor David Potts was abducted from his home Monday evening and escaped shortly after. Former Oshawa mayor John Grey told Torstar News Service, in news confirmed by Durham Region police sources, that Lutczyk allegedly abducted Potts at his Courtice home following a city council meeting that ended at 10:30 p.m. Monday. Oshawa Mayor John Henry said Potts was taken against his will but escaped unharmed just before 2 a.m. Tuesday.

TORSTAR NEWS SERVICE

Early-morning incident

T.O. councillor charged with impaired driving

City councillor Ana Bailão has been arrested on drunk-driving charges, after a police officer spotted the politician driving without her headlights on early Tuesday morning, a police source said. The officer first noticed Bailão, 36, at 1:43 a.m., heading north on Bathurst Street. "The officer attempted to pull her over. The vehicle didn't stop and then they finally stopped at Harbord and Bathurst streets," said the source.

Coun. Ana Bailão TORSTAR NEWS SERVICE FILE

TORSTAR NEWS SERVICE

In wake of sex assaults, T.O. yoga studio teaches street self-defence

Bloor-Christie area.
Tula Yoga Spa brings in instructors to help its members 'feel more empowered' in rattled west-end neighbourhood

Sasha Mrvic kicks Alfie Della-Terza as they put the students of Tula Yoga through a crash self-defence course on Sunday in response to the latest sex assaults in the Bloor-Christie area. RENE JOHNSTON/TORSTAR NEWS SERVICE

A Toronto yoga studio has traded downward dogs for groin kicks to help its members feel safer in a neighbourhood shaken by a rash of recent sexual assaults.

In a break from yoga's peace-loving tradition, a team of black belt instructors took charge at Tula Yoga Spa in Toronto's west end Sunday evening to launch a six-week street self-defence course.

"To hear about (sexual assaults) in your area, it's a little bit scary," said Samantha Marchese, a 21-year-old hairdresser whose own safety concerns prompted her to sign up. "A lot of people don't think it would happen to them ... but I think it's good to be educated."

Since July, police have received more than 10 reports of sexual assault incidents in the west downtown area.

On Thanksgiving weekend, police got three similar reports of a man assaulting women from behind in the Christie Pits area, prompting officers to urge residents to use more caution, especially when walking at night.

In response, Tula owner Isabel Lambert said she decided to partner with Toronto police and self-defence instructors to create a course to help her studio members "feel more empowered" on the street.

On Sunday, nearly 20 people joined two Toronto police officers and a group of self-defence instructors at the Tula studio to learn the best ways to avoid trouble on the street and, if necessary, fight off an assailant.

They learned how to escape chokeholds, wrist grabs and, perhaps most importantly given the recent trend, how to respond when approached from behind.

It's called a "coward grab," said Alfie Della-Terza, a retired correctional officer who led the class, and the best way to escape is with the "tall become small approach" — crouch and bend at the waist, then push back before twisting around to escape the grab.

Quoted

"Hopefully this will teach us how to act, not to get scared and freeze, and just to stand your guard."

Samantha Marchese, a 21-year-old hairdresser who for weeks has felt nervous walking home from work at night

The yogis also learned how to escape a "ponytail grab," how to twist out of a "chicken wing" where both arms are trapped, and how to best target kicks to the kneecap, upper thigh and groin.

"It's important to fight back ... (these people) do not want to become a stat," said Della-Terza, adding that participants are being trained to know how to respond in panic situations.

For Marchese, who said she often walks home from her hairdressing job late at night, the classes come at the right time. For weeks, she said, she has felt nervous walking through her west-end neighbourhood alone at night.

"Hopefully this will teach us how to act, not to get scared and freeze, and just to stand your guard," she said.

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Naqvi to mull possible leadership bid with family

Ontario party president Yasir Naqvi. GRAHAM LANKTREE/METRO IN OTTAWA

Yasir Naqvi is doing more than "not ruling out" a bid for the leadership of the provincial Liberals.

The Ottawa Centre MPP and Ontario Liberal Party president said he looks forward to discussing throwing his name in the ring with his family — as soon as he has a chance to actually see them.

"I've not even gone home yet to connect with my family, so obviously I'm looking forward to that opportunity," Naqvi said Tuesday.

"You never say never in life, and it is a very exciting time in our party. Right now there's great opportunity for renewal."

"Renewal" seems to be the watchword for provincial and federal Liberals of late. It was used a number of times by outgoing Premier Dalton McGuinty, who announced Monday night that he'll be stepping down as leader just as soon as the party selects another.

There is no timeline set for the selection of a new leader as of yet, Naqvi said. Normally, the party is required to select a new leader within six months. But because McGuinty remains leader, that doesn't come into affect.

If he considers tossing his name in the ring, Naqvi said he will recuse himself from his role as party president.

ALEX BOUTILIER IN METRO OTTAWA

Other possible contenders

Speculation abounds as to who will put in a bid for the leadership.

- Finance Minister Dwight Duncan's name has been mentioned, as has embattled Energy Minister Chris Bentley.
- Ministers Eric Hoskins (Youth Services), Deb Matthews (Health), Glen Murray (College and Universities), Charles Sousa (Immigration), and Kathleen Wynne (Municipal Affairs) are also rumoured candidates.

Prorogation changes channel for McGuinty, expert says

Shuttered house.
Clears the decks

ALEX BOUTILIER
Metro in Ottawa

Closing Queen's Park gives the provincial Liberals a chance to regain control of the message, according to an expert on parliamentary governance.

Dr. Lori Turnbull, who co-authored a 2011 book on prorogation and constitutional reform, said Dalton McGuinty's decision to prorogue the legislature speaks to the government's ability to control the message.

Rather than step down as premier and have the party select an interim leader, McGuinty promised to stay on until a leadership convention is called at the "earliest possible opportunity."

"If there was an interim leader appointed, well then today we'd be back at the house and we'd be dealing with the same issues, just a different guy," said Turnbull on Tuesday.

"Whereas now, nobody is talking about the issues we were talking about yesterday. Now the big issue is why McGuinty resigned, whether he's going to run against Trudeau (for leadership)."

McGuinty announced late Monday evening he would prorogue parliament and ask the party to select a new leader. That means all bills and committees from this short session — such as the committee investigating Energy Minister Chris Bentley for withholding documents on cancelled power plants — die on the vine.

"It's a purging of what the house has been doing," Turnbull said. "Taxpayers dollars went to all that work, and now it's flushed down the toilet."

Time to establish some rules around prorogation?

Errol Mendes, a professor of law at the University of Ottawa, drew parallels to Prime Minister Stephen Harper's decision to prorogue the House of Commons in 2009 amid the Afghan detainee controversy and the threat of a non-confidence vote. "Harper did the same thing," Mendes said. "I think it's about time both at the federal level and the provincial level for clear rules (about) when these type of actions can and cannot be done."

Dalton McGuinty speaks to media after announcing he's stepping down as leader of the Ontario Liberal Party at Queens Park on Monday. TORSTAR NEWS SERVICE

Federal Liberal leadership hopeful Justin Trudeau addresses students at Citadel High School in Halifax on Tuesday. ANDREW VAUGHAN/THE CANADIAN PRESS

Trudeau welcomes idea of a strong, robust leadership race with McGuinty

Liberal leadership hopeful Justin Trudeau says he would welcome the entrance of Ontario Premier Dalton McGuinty into the race to lead the federal party.

The perceived front-runner said Tuesday in Halifax that he didn't want to speculate on McGuinty's plans, one day after the Ontario leader announced his resignation.

Trudeau says McGuinty has served his province and country well and would add to what he insisted will be "a strong and robust leadership race."

Trudeau, who addressed students at a packed high school auditorium, says he hasn't spoken to McGuinty but added that there will be strong candidates running even if he decides not to enter the race.

McGuinty, who was first elected premier in 2003, has left the door open to the leadership bid and sources say a campaign road map has already been sketched out.

A movement to draft McGuinty has been fuelled by a sense that the race needs a heavyweight contender to challenge Trudeau, the eldest son of former prime minister and Liberal icon Pierre Trudeau.

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2nd BRA Day hopes to lift breast cancer survivors into comfort zone

Breast reconstruction. Event shines light on option women have after a mastectomy

PHOEBE HO
toronto@metronews.ca

Anna Borenstein relied on Google to help make the decision whether to go through with a double mastectomy and breast reconstruction to treat her breast cancer.

Not knowing what to expect, she spent hours surfing the web trying to find images of women who had undergone the same treatment.

"The reality is never like pictures, and the pictures don't tell you a whole lot about the process, and what I know now compared to what I knew going in is monumental," she said. "Had I actually seen reconstructions in the flesh, to actually be able to see up close and to handle them, it would've taken away a lot of the anxiety and unexpectedness."

Borenstein, 52, said she came across plenty of information when it came to treatment, chemotherapy and radiation, but when it came to dealing with the aftermath of a mastectomy or breast reconstruction, she found nothing.

"I felt so isolated in going through this," she said. "Online communities talk about anything but reconstruction. Canadian online support groups again deal with treatment and to a certain extent depression, but not survival."

Need to know

Things to know about breast reconstruction:

- A reconstructed breast will not have the same sensation it had before the procedure
- Incision lines will be visible, whether it's from reconstruction or mastectomy

The options for reconstruction include:

- Using a donor's tissue or a woman's own muscle, fat and skin to reconstruct a complete breast or to support a breast implant.
- The tissue expansion method, which stretches healthy skin to cover the breast implant.

The second annual Breast Reconstruction Awareness (BRA) Day is looking to change that. At a Show and Tell Lounge hosted by Willow Breast Cancer Support Canada in Toronto on Wednesday at the Toronto Reference Library, a number of women who have undergone the procedure will be baring their breasts in a "comfortable, private and professionally put-together lounge," so that women mulling over their options can see firsthand what it's really like.

Singer-songwriter Jewel, a spokesperson of BRA Day in the U.S., penned a new song called Flower to help raise awareness about the importance of breast-reconstruction options for survivors. DAMIAN DOVARGANES/THE ASSOCIATED PRESS

"It's different because there are many ways to do it. You can do it with breast implants, you can use your own bodies' tissues or a combination of both," said BRA Day founder Dr. Mitchell Brown. "So the best way to understand and appreciate that is to see and feel it herself."

Brown, who's been practising plastic and reconstructive surgery for more than 17 years, says he was stunned by the number of women who'd come to him years after a mastectomy saying they never knew they could get a breast reconstruction or just couldn't get access to it in their area.

The event is only in its second year, but it's already spread to more than 25 countries. In the U.S., singer-songwriter Jewel, a spokesperson of the event there, even penned a new song, called Flower, to help raise awareness about the importance of breast-reconstruction options for survivors.

"Reconstruction is a huge part of the healing process," Jewel told The Associated Press. "It's not just vanity. It's part of what makes us women. It's part of our identity as women. Patients should at least be informed about their options."

Anna Borenstein searched the web for answers to treat her breast cancer. SUPPLIED

Quoted

"It saddens me to see patients who cannot get appropriate access, who have felt uncomfortable, sad, depressed, or had difficulties dealing with the consequences of their mastectomy when there were other options to try to manage them."

BRA Day founder Dr. Mitchell Brown

10 exclusive designs to chew on

Greta Constantine designers Stephen Wong and Kirk Pickersgill, both with backs turned, make some last-minute touches to the models at the 5 Black Collection look-book photoshoot at Roy Thomson Hall on Tuesday. Wong and Pickersgill partnered with 5 Gum to create 10 exclusive designs to bring to life their sleek, bold, black style. CONTRIBUTED

T.O. seeks to license hookah lounges

City licensing officials are trying to clamp down on Toronto's hookah establishments through a series of health and cleanliness regulations, citing medical concerns over non-tobacco water-pipe use.

The proposed guidelines, recommended in a report going before the licensing committee on Friday, would require hookah cafés to maintain adequate air ventilation, properly sanitize pipe equipment before use and ban minors from entry. Businesses would also have to hold a water pipe establishment licence.

"There should be some regulation," said Ilan Kritzer, owner of Sheesha Lounge and Coffee House on Bloor Street West at Ossington Avenue, adding that his business already follows the proposed rules. "Because there's no regulation at all, there's potential for abuse — these bars should be regulated and enforcement should be done."

Quoted

"There is some indication that whether you're smoking non-tobacco hookah or tobacco hookah, they produce similar amounts of toxins, such as carbon monoxide, nitric oxide and polycyclic aromatic hydrocarbons (also found in cigarettes)."

Suzanne Thibault, Toronto Public Health

Hookah — also known as shisha, narghila or water pipe — is sold in tobacco form or as a composite of dried plants, herbs, tea leaves, preservatives and flavouring. Hookah establishments have so far avoided regulation by offering non-tobacco shisha, which does not fall under the provincial Smoke-Free Ontario Act. The 2006 legislation prohibits businesses from offering tobacco-based hookah.

The report stops short of proposing an outright ban of hookah lounges, noting research into the ill effects of non-tobacco shisha use is spotty. But after consultation with Toronto Public Health officials and anti-smoking advocates, city staff believe the health concerns are significant enough to warrant regulation.

Public-health officials argue that the social element of hookah cafés, where a group of friends can lounge for hours, and mainstream use among youth create a misperception that tobacco-less shisha is benign.

About 80 cafés, restaurants and bars in Toronto offer hookah, according to a Toronto Public Health study conducted this year. TORSTAR NEWS SERVICE

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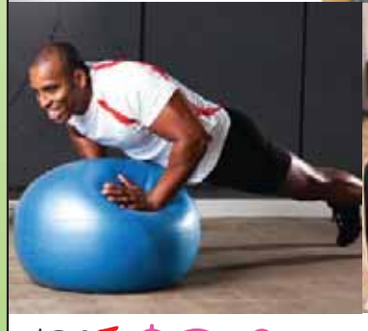

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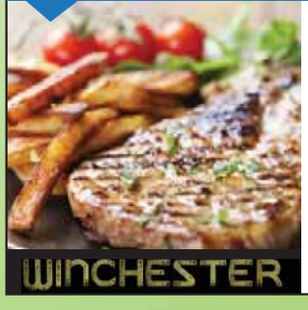

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Autism: ‘We know the little boy that’s in there’

Anne Rahming credits intensive behavioural intervention with the steady progress made by her son, Mića Jovanović. Mića, who turns five next month, has a severe form of autism. MIKE CARROCCETTO/FOR METRO

Part 1 of a 3-part series. 1,417 children are receiving intensive behavioural intervention in Ontario, while 1,702 wait for therapy

ALEX BOUTILIER
Metro in Ottawa

“Duck.”

Mića extends his hand as his therapist, Kristina Dunbar, presents him with a small plastic duck, which promptly joins others in the toy pond at their feet.

It’s a simple, one-syllable request. But for Mića, that would not have been possible only a year and a half ago. This kind of therapy — intensive behavioural intervention, or IBI — was how he learned to talk.

Four-year-old Mića Jovanović was diagnosed with severe autism spectrum disorder at the age of three. Before that, he had difficulties with his hearing, which led his family to seek a diagnosis.

“We weren’t expecting a severe diagnosis. We were expecting him to be sort of middle of the spectrum,” Mića’s mother, Anne Rahming, said.

“When (the doctor) explained to us that it was severe, we were bowled over. It was a very quiet drive home.”

At the time, Mića was assessed as having the understanding of a six-month-old. He turns five next month, and is now assessed at a three-year-old’s level. Rahming credits IBI for his progress.

But the therapy is expensive, and the regional waiting lists for provincial subsidies are long. If Rahming and her family waited the average two years for funding before getting treatment, Mića would have missed the crucial window when IBI is most effective.

So, while waiting, they paid out-of-pocket from March 2011 to August 2012. The bill was $80,000. In August, they ran out of money for Mića’s therapy.

In frustration, Rahming turned to the Ministry of Children and Youth Services, which grants IBI funding to regional providers, who in turn deliver it to parents. She also went to the media.

“After I decided to get the minister’s office and reporters involved, surprisingly money emerged,” she said.

That money — which still doesn’t cover the full cost of the therapy — means Mića can remain at the Portia Learning Centre, a private clinic in Kanata, just southwest of Ottawa.

For Rahming, it’s the difference between Mića interacting with the people in his life or living inside his head.

“We know the little boy that’s in there,” she said.

Coming to terms with autism

“We had all the same preconceived notions that everybody else has about autism. We were like, well, he’s really smart and he’s figuring out ways to get his point across. Well, you know there are a lot of kids that have autism that are actually really smart.”

Anne Rahming on her son, Mića, who has severe autism spectrum disorder

Mića Jovanović plays with therapist Kristina Dunbar at the Portia Learning Centre in Kanata, a suburb of Ottawa. MIKE CARROCCETTO/FOR METRO

Next up

- **Part 2 (Thursday):** The politics of autism, including the funding process and long wait list for treatment.
- **Part 3 (Weekend):** Public-service providers and their role in providing funding for treatment of autism.
- **On the web:** Follow the series online at metronews.ca.

Diagnosis

What is autism spectrum disorder?

- One in 100 Canadians has autism spectrum disorder (ASD). It is one of the most prevalent developmental disabilities.
- ASD affects development of the brain in the area of social interactions and communication skills.
- The disorder manifests in different ways in a spectrum that runs from mild to severe. Autism Ontario says it can result in repeated body movements, unusual responses to people, attachments to objects or resistance to changes in routine.
- On the severe end, it can also lead to aggressive or self-injurious behaviour.
- Autism Ontario estimates that 100,000 Ontarians have ASD.

Treatment

What is intensive behavioural intervention?

- Intensive behavioural intervention (IBI) is a therapy for children with autism. Its aim is to help them develop a connection to the outside world.
- In one-on-one therapy, or in a small-group setting, children work with therapists to learn words and their use — to ask for things, and to verbally interact with the people and things around them.
- The treatment is typically most effective between the ages of three and five.
- According to the Ontario Ministry of Children and Youth Services, funding for IBI reached $115.8 million in 2011-12.
- Across Ontario, 1,417 children are receiving the therapy, while 1,702 are on the waiting list for funding.

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Big names shows up at Believe It fashion show

From left, Hudson's Bay President Bonnie Brooks, the prime minister's wife Laureen Harper, legendary Canadian rocker Randy Bachman and country music artist Beverley Mahood at the first annual Believe It fashion show luncheon for personalized cancer medicine in Toronto on Tuesday. The event, sponsored by the Bay, featured a runway show showcasing fall fashion. Proceeds will benefit The Robert & Maggie Bras and Family New Drug Development Program at The Princess Margaret Hospital. COURTESY SANDLER CENTRAL IMAGE AGENCY

Condo sales take dive as prices stagnate

More options. Renters have better pick of places to live as condo boom hits the ground

Resale condo transactions declined 20.5 per cent in the third quarter of 2012 and prices are expected to remain flat through 2013, thanks to the condo boom, says the Toronto Real Estate Board.

At the same time sales via the MLS were down dramatically, new listings were up more than 6.5 per cent over the same quarter of last year as new buildings came on stream and investors looked to cash out on units bought in the cheaper preconstruction phase.

Tighter mortgage rules imposed by Ottawa also helped push buyers to the sidelines, said TREB in a report on the condo market released Tuesday.

The average price of a resale condo in the GTA in the third quarter was $334,204. Units in the City of Toronto sold on the MLS for a slight premium, an average of $357,030, said TREB.

That's just $2,000 more than the same units sold for in the third quarter of 2011.

At the same time, investors looking to cover their costs by renting out units are finding themselves facing more competition: The number of rental listings were up 18.2 per cent in the third quarter of 2012 over the same period a year earlier, but the number of units leased was up just 3.3 per cent.

"Prospective renters had more units to choose from, which led to less upward pressure on rents," said Jason Merson, senior manager of market analysis for TREB.

That means rents that now average $1,605 for a one-bedroom unit and $2,097 for a two bedroom, up just 3.4 per cent and 2.2 per cent respectively from Q3 of 2011, make it hard for investors to cover their monthly costs.

TORSTAR NEWS SERVICE

Statistics

House sales also on the decline

While the sale of detached, semi-detached and row-houses are also in serious decline — home sales were down across the GTA 23.2 per cent in September over a year earlier — prices appreciated about 8.2 per cent year over year.

But condos are another story, with some housing analysts predicting significant price drops to come as more new units hit the market and the inventory of units for sale climbs higher into buyers' territory.

TORSTAR NEWS SERVICE

Quoted

"Given the supply of listings currently in the market place, the average rate of price growth for condo apartments should continue to lag price growth for low-rise home types over the next year."

Jason Merson, TREB's senior manager of market analysis

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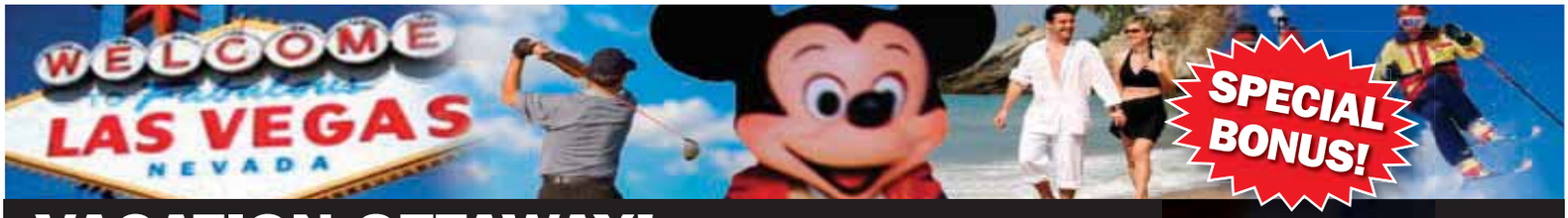

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Marijuana makes friends left — and right

Right-wing weed.
Republicans take 'your body, your choice' philosophy, and see big money in legalization

It's not all hippies backing November's marijuana legalization votes in Colorado, Oregon and Washington.

Appealing to Western individualism and a mistrust of federal government, activists have lined up some prominent conservatives, from one-time presidential hopefuls Tom Tancredo and Ron Paul to Republican-turned-Libertarian presidential candidate and former New Mexico Gov. Gary Johnson.

"This is truly a nonpartisan issue," said Mark Slaugh, a volunteer for the Colorado initiative who is based in Colorado Springs, which has more Republicans than anywhere else in the state.

Former Republican Rep. Tom Tancredo advocates legalization. ED ANDRIESKI/THE ASSOCIATED PRESS

"It's fiscally prudent. It would be taxed, regulated, monitored. It makes a lot of sense to Republicans," he said.

Most Republicans still oppose legalization, including presidential candidate Mitt Romney and running mate Paul Ryan.

When activists make their appeal, it goes like this: States should dictate drug law. Decades of federal prohibition have failed where personal responsibility and old-fashioned parenting will succeed. Politicians back East have no business dictating what the states do.

"What is the law against marijuana if it isn't the Nanny State telling you what you can do and what you can't do to your body and with your body?" asked Tancredo, a former Republican congressman from suburban Denver who briefly ran for president in 2008. He compared federal law to New York City's ban on sugary sodas. THE ASSOCIATED PRESS

Horizontal tango?

Dance instructor accused of selling sex in tiny town

The first batch of more than 100 men accused of paying a fitness instructor for sex were lying low after police began releasing their names in the small New England town of Kennebunk, Maine, where rumours have run rampant for weeks.

Police on Monday released 21 names of men who were issued summons for engaging in prostitution with Alexis Wright, a 29-year-old Zumba instructor who's charged with turning her dance studio into a brothel in the seaside community of 10,000 and secretly videotaping her encounters.

Police said she kept detailed records suggesting the sex acts generated $150,000 over 18 months.

Wright, from nearby Wells, has pleaded not guilty to 106 counts of prostitution, invasion of privacy and other charges.

In town, residents heard the list of accused johns could include lawyers, law enforcement officers and well-known people, heightening their curiosity. THE ASSOCIATED PRESS

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Debating the issues (and going for the knockout punch): Republican presidential contender Mitt Romney, left, and U.S. President Barack Obama mix it up during their televised "town hall" debate Tuesday night.

MARIO TAMA/GETTY IMAGES

He's awake! Obama goes on the attack in 2nd vital debate

Tense faceoffs. White House contenders cross swords over jobs, domestic energy, women's rights — and that pipeline

Listless? Not anymore!

A sharper, energetic Barack Obama emerged Tuesday night in his second televised presidential debate against Mitt Romney.

As tens of millions of viewers watched, Obama energetically got down to the business at hand — putting the brakes on his Republican rival's sudden momentum in a tense, tight race to the White House.

Among the tense faceoffs: Jobs, domestic energy — and TransCanada's Keystone XL pipeline.

At one point, Romney strode uncomfortably close to Obama as he chastised the president for failing to greenlight pipeline.

And seeming miffed, Romney also attempted to talk over moderator Candy Crowley, who was having none of it.

Obama and Romney also tried to appeal to female voters.

Responding to a question about pay equity for women, Obama noted that the first piece of legislation he signed made it easier for women to seek the same pay as men for doing the same work.

Romney said as governor of Massachusetts, his administration had a number of women in senior leadership positions.

He said many women have suffered job losses and moved into poverty during Obama's tenure and creating more jobs would help women.

THE ASSOCIATED PRESS

A new approach

It was a debate with a difference — five, in fact.

- **One.** This was a "town hall" debate where people representing a cross-section of America got to ask the questions.
- **Two.** The Gallup organization picked about 80 uncommitted voters.
- **Three.** The questioners couldn't simply raise their hands and be called at random.
- **Four.** All the questioners were screened beforehand.
- **Five.** Moderator Candy Crowley of CNN and helpers decided who asked the questions.

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Ruth Veldstra, Ontario

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I read about Chili Burn in a magazine and thought I'd give it a try. I purchased the supplement at my local pharmacy and started taking them in July 2011. Now 1 year later I've lost 38 pounds. I'm very happy with the results of Chili Burn. I have recommended Chili Burn to family and friends and encouraged them to give it a try.

I fit my wedding dress again

I get a kick out of the fact that I can be a grandma and still fit into my wedding dress! I achieved all this without big changes to my lifestyle. I eat three meals a day and drink lots of water. While exercise is important, Chili Burn proves that what you put into your mouth is just as important.

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Shot Pakistani girl's visitors questioned

Police officers patrol outside the Queen Elizabeth Hospital in Birmingham, England, where Pakistani girl Malala Yousufzai, inset, is being treated.
ALASTAIR GRANT/THE ASSOCIATED PRESS

Malala Yousufzai. Two 'relatives' of 14-year-old activist shot by Taliban questioned by police after trying to visit her in hospital

British police have questioned two people who tried to visit a hospitalized Pakistani teenager shot for promoting girls' education, raising fears about her safety following pledges by the Taliban to make another attempt on her life.

Fourteen-year-old Malala Yousufzai was shot in the head by the Taliban last week as she was returning home from school in Pakistan. She was airlifted Monday to Britain to receive specialized medical care and protection from followup attacks threatened by the militants.

Medical Director Dr. Dave Rosser of the Queen Elizabeth Hospital in Birmingham stressed Tuesday that security was "under control" at the hospital after the overnight incident. He said several people had turned up at the hospital claiming to be the girl's relatives but didn't get very far.

He said the people were arrested, but police said they had only been questioned.

"We don't believe there's any threat to her personal security," Rosser told journalists, explaining the hospital did not believe the suspects were related to Malala. "We think it's probably people being over-curious."

Police would not immediately confirm the details of the incident.

Malala was targeted by the Taliban for promoting girls' education and criticizing the militant group's behaviour when they took over the scenic Swat Valley where she lived. Two of her classmates were also wounded in the attack and are receiving treatment in Pakistan.

The attack on the girls horrified people in Pakistan and across the world. Pakistani President Asif Ali Zardari said Malala had become "a symbol of all that is good in us."

THE ASSOCIATED PRESS

Quote

"The brain is like real estate.... Location is everything."

Dr. Anders Cohen, chief of neurosurgery
He said Yousufazi's recovery will depend on the path the bullet took through her brain

Recovery

Fourteen-year-old Malala Yousufzai's age is an advantage, say doctors.

- **Optimism.** Doctors are optimistic that Malala's age is in her favour. Unlike adults, the brains of teenagers are still growing and better able to adapt to trauma.
- **Realism.** While details on the path of the bullet and damage have not been released, two physicians say it is extremely unlikely that a full recovery can be made. They could only hope that the bullet took a "lucky path" — going through a more "silent," or less active — part of the brain.

Travel

Cuba lifts exit-visa requirement

The Cuban government announced Tuesday that it will eliminate a half-century-old restriction that requires its citizens to get an exit visa to leave the country. THE ASSOCIATED PRESS

Comical vigilante

DIY Batman facing charges

A Michigan man is facing charges for his effort to keep an eye on his community while wearing a Batman outfit.

The man is due in court Thursday. THE ASSOCIATED PRESS

Promotion

How about a rifle with that ring?

An U.S. jeweller is offering free rifles for husbands-to-be who spend at least $1,999 on an engagement ring at his store.

THE ASSOCIATED PRESS

Quebec

No sovereignty referendum yet

Quebec Premier Pauline Marois told a radio network in France Tuesday that a referendum on sovereignty is hardly conceivable right now.

THE CANADIAN PRESS

Suspected Todd tormentor was a false tip: B.C. RCMP

Amanda Todd suicide. Anonymous allegation 'unfounded,' police say, even though accused user has history of blackmail, perversion

JESSICA SMITH
Metro in Toronto

Allegations by an online hacker group that identified a Vancouver-area man as the tormenter of B.C. teen Amanda Todd were "unfounded," according to police.

Todd, 15, committed suicide last week after suffering years of bullying and online sexual exploitation. In September the teen had posted a video on YouTube in which she described how she showed her breasts to an unknown man over a webcam. She said the man then threatened to send the pictures to friends and family unless she "put on a show" for him.

Although police said Tuesday that the claims by Anonymous were false, the web handle cited in the hacker group's posting has a disturbing Internet history with links to the same kind of online exploitation to which Todd was a victim.

In 2010, the username had been nominated as "blackmailer of the year" in the online Capper Awards, which celebrate a perverted subculture in which people, called cappers, get young girls they call "cam whores" to expose themselves on webcams.

The username was nominated for allegedly blackmailing a different girl, identified as "Peyton." Other awards went to the "cam whore of the year" and "Capper of the year."

In the video on YouTube, a mechanized voice of the cartoon host of the 2010 Capper Awards nominations announces the "Blackmail" category. "This one is for the rapist of the Internet," it says.

"(The user), famous for his blackmail of Peyton, streaming her videos on BlogTV and Tinychat and threatening her in public," says the host.

A screengrab of an online video of the Capper Awards. The man suspected of the blackmail that led to Amanda Todd's suicide was awarded "Blackmailer of the year" in 2010 after extorting a user identified as Peyton. YOUTUBE.COM

An earlier video called The Daily Capper shows a mock news account of the accused blackmailer streaming the explicit videos of Peyton in December 2010.

"The first part shows Peyton in bra and the second in panties," says a cartoon reporter. The details get more explicit.

"We return to a second room only to find a fuming Peyton demanding to know who had played videos, and threatening to call the police," the reporter says.

The fake news report says the girl told her mother and police, but it is unclear whether her alleged blackmailer was ever found.

The Capper Awards videos remained active on YouTube as of press time, except for one that was removed after a link to it was posted on an Amanda Todd memorial Facebook page.

Anonymous also published a link to a page on jailbaitgallery.com that shows pornographic photos of young girls with a title including the same online handle.

Thrown off course

False Internet tips impeding inquiry: Police

B.C. RCMP officers investigating the exploitation and suicide of Amanda Todd say they are being thrown off course by false tips and rumours circulating on the Internet. Sgt. Peter Thiessen said the tip from hacker group Anonymous implicating a B.C. Internet user is unfounded.

The rumour that someone released Amanda Todd's autopsy photos online was debunked by the B.C. Coroner's Service, police said. In that case, Anonymous was also said to have found the perpetrator online.

Fraudulent websites that claim to be fundraising for the Todd family have also popped up, said Thiessen.

He said there is only one real account set up by the Todd family — the RBC Amanda Todd Trust Account.

JESSICA SMITH/METRO IN TORONTO

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Ex-Bosnian Serb leader Karadzic denies war crimes

Genocide. 'I should be rewarded for all the good things I have done,' he claims at UN tribunal

Radovan Karadzic
THE ASSOCIATED PRESS

Former Bosnian Serb leader Radovan Karadzic cast himself as a "mild man, a tolerant man" as he opened his defence Tuesday in his long-running genocide trial, claiming he tried to prevent fighting and then worked to reduce casualties in the bloody 1992-95 Bosnian war.

His claims brought snorts of derision and cries of "He's lying! He's lying!" from some Muslim survivors of the war who were watching the trial from the public gallery at the UN tribunal.

Karadzic, 67, who faces charges including genocide and crimes against humanity, was given 90 minutes to make a statement on his role in the war that left an estimated 100,000 dead. The statement was not made under oath, meaning Karadzic could not be cross-examined by prosecutors.

In another of the tribunal's courtrooms, Goran Hadzic, a former leader of rebel Serbs in Croatia, became the last of the tribunal's 161 indicted suspects to face justice as his trial got underway. He was arrested last year in northern Serbia after more than seven years on the run and pleaded not guilty to charges of murdering hundreds of Croats and expelling tens of thousands more.

Karadzic, a former psychologist and poet, told judges he was a "physician and literary man" who was a reluctant player in the violent breakup of Yugoslavia. He said before the war many of his friends, including his hairdresser, were Muslims.

Prosecutors have painted a starkly different picture of Karadzic during months of witness testimony, portraying him as a political leader who masterminded Serb atrocities throughout the war, from campaigns of persecution and murders of Muslims and Croats early in 1992 to the conflict's bloody climax, the 1995 massacre of some 8,000 Muslim men and boys in the UN-protected Srebrenica enclave.

THE ASSOCIATED PRESS

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Guard shot in neck at B.C. border crossing

Peace Arch tragedy.
Victim was still breathing when she was loaded into air ambulance on Tuesday, police said

Paramedics attend to an injured border guard following a shooting at the Douglas border crossing on Tuesday in B.C.
CURTIS KREKLAU/FOR METRO

A female Canadian border guard was shot at one of the busiest crossings in Canada on Tuesday, and the gunman died after apparently turning his weapon on himself, RCMP say.

The Douglas border crossing, known better as the Peace Arch crossing — which is just south of Vancouver, was closed in both directions Tuesday afternoon.

"The first report at the scene revealed that a male, a lone male, had shot an officer in her booth," said Cpl. Bert Paquet.

"At the instant following the shooting of the officer, the lone male had been pronounced dead at the scene from what appeared to be a self-inflicted gunshot wound."

Paquet said the officer's condition isn't known, but she was breathing when she was loaded into an air ambulance. He said it appeared she'd been shot in the neck and her injuries were serious.

"We haven't confirmed the identity of the suspect yet. He was entering Canada in a vehicle (with) a Washington plate."

Vic Toews, minister of public safety, said in a statement he was deeply concerned by the news.

"This event is a sobering reminder of the dangerous conditions faced daily by the men and women of our law enforcement agencies as they work to protect the safety and security of Canadians."

A spokeswoman with the Canada Border Services Agency said traffic was being diverted around the crossing.

THE CANADIAN PRESS

Medical scandal

Investigation launched

A Winnipeg doctor who had sex with two female patients and improperly wrote them OxyContin prescriptions has been suspended.

Dr. Randy Raymond Allan pleaded guilty to professional misconduct.

Manitoba's health minister said an investigation has been launched to recover any taxpayer money that may have gone toward inappropriate billing.

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A Loblaws employee brings in shopping carts in Toronto in this file photo. On Tuesday, Loblaw Co. Ltd. announced plans to cut management and administrative jobs, saying the move would reduce costs. THE CANADIAN PRESS FILE

Loblaw cuts 700 jobs

Brampton. Reductions affect administrative and head-office staff

Loblaw Co. Ltd. is cutting hundreds of mostly head-office jobs as Canada's largest supermarket chain continues a makeover aimed at making it more competitive in the increasingly crowded grocery segment.

"We're managing costs where it makes sense by reducing administrative expense," Loblaw president Vicente Trius said in announcing some 700 management and administrative jobs were being trimmed.

The company, which operates under several banners including Loblaws, Zehrs, and Real Canadian Super Store, has about 135,000 full-time and part-time employees across the country.

The cuts will affect about 10 per cent of its management and administrative staff. Loblaw said the layoff notices would begin going out Tuesday and the cuts should be complete within three weeks.

By the numbers

$60M

The cuts at Loblaw will result in a one-time expense of $60 million, to be recorded in the fourth quarter of its financial year.

RBC Capital Markets analyst Irene Nattel called the move a step toward making the company more productive.

"Loblaw is generally not the leanest of organizations and today's announcement is a move toward streamlining functions," Nattel wrote in a report, adding that she expects the company to realize annual savings in the neighbourhood of $60 million, starting in 2013.

"But we would not assume that the cost savings will necessarily flow to the bottom line, but rather be reinvested in pricing (and) in-store service to drive top-line performance," Nattel said. THE CANADIAN PRESS

Microsoft

Microsoft's new Surface tablet THE ASSOCIATED PRESS FILE

Surface tablet will match iPad price

Microsoft's Surface tablet computer, the company's answer to Apple Inc.'s iPad, will start at $519 in Canada when it goes on sale Oct. 26.

The price matches that of the iPad, but the base model of the Surface has twice as much storage memory: 32 gigabytes. The screen is also slightly larger. THE ASSOCIATED PRESS

Apple

'iPad mini' may debut next week

Apple Inc. has sent out invites for an event next Tuesday, where it's expected to announce the release of a smaller iPad.

The invites don't hint at what will be revealed, beyond saying that "We've got a little more to show you." Observers have said for months that Apple has an "iPad mini" in the works.

Reports suggest the smaller iPad would have a screen that's 7.8 inches on the diagonal, a bit more than the Kindle Fire or Google Inc.'s Nexus, with their seven-inch screens. THE ASSOCIATED PRESS

Model years 2011-13

Ford recalls Fiestas over side airbags

Ford is recalling more than 154,000 Fiesta subcompacts, including 28,000 in Canada, over airbags. If the front passenger seat is empty, Ford says, the side airbag won't inflate to protect rear-seat passengers in some crashes. THE ASSOCIATED PRESS

Paying double Land Transfer Tax is unfair.

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California.

Court to hear lawsuit over cleaner-fuel mandate

A federal appeals court will hear arguments in a case seeking to stop California's first-in-the-nation mandate requiring petroleum refiners and ethanol producers to make cleaner fuels for millions of cars and trucks in the state.

At issue before the 9th U.S. Circuit Court of Appeals is the constitutionality of California's Low Carbon Fuel Standard, an important piece of the state's landmark global warming law, AB 32. The mandate requires petroleum refiners, fuel distributors and others to make cleaner-burning fuels for the California market.

But out-of-state oil refiners and biofuels producers have sued over the law, saying it will give an unfair advantage to in-state fuels producers. THE ASSOCIATED PRESS

By the numbers

2020

The California Air Resources Board said the standard will cut California's dependence on petroleum by 20 per cent, and account for one-tenth of the state's goal to cut greenhouse-gas emissions by 2020.

iPhone maker dismisses underage interns

The company that manufactures Apple's iPhone said Tuesday it found underage interns as young as 14 working at one of its factories in China.

Foxconn Technology Group said the interns were found by a company investigation at its factory in the eastern city of Yantai and were sent back to their schools. China's minimum legal working age is 16.

Foxconn said it was investigating with schools how the interns were sent to its factory. It didn't say how many underage interns it found.

"We recognize that full responsibility for these violations rests with our company and we have apologized to each of the students for our role in this action," Foxconn said in a statement. "Any Foxconn employee found, through our investigation, to be responsible for these violations will have their employment immediately terminated."

A labour-rights group, China Labor Watch, said in a statement that primary responsibility lay with schools involved but "Foxconn is also culpable for not confirming the ages of their workers."

Foxconn

- Foxconn produces iPhones and iPads for Apple Inc. and also assembles products for Microsoft Corp. and Hewlett-Packard Co. The company gave no indication what products were made in facilities where the interns worked.

Foxconn is one of China's biggest employers, with about 1.2 million employees in factories in several cities. The company has an internship program that takes vocational students who work for three to six months in its factories, accompanied by teachers.

Foxconn faced a complaint in August that vocational students were compelled by their schools to work in its factories in China. Foxconn said the students were free to leave at any time. THE ASSOCIATED PRESS

Market Minute

DOLLAR 101.34¢ (-0.70¢)

TSX 12,407.70 (+177.74)

OIL $92.09 US (+$0.24)

GOLD $1,746.30 US (+$8.70)

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Dow Jones: 113,551.78 (+127.55)

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but you made it easy. Too easy actually.
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hoping to make all these stressful calls stop. But they didn't stop,
and did you know I'm being sued now?
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Bombardier tries to offset potential CSeries delay

Aerospace. Production of mid-fuselage section brought back in-house after Chinese supplier took on too much work

A reporter enters a full-size model of the Bombardier CSeries aircraft during its September 2009 introduction in Montreal. THE CANADIAN PRESS FILE

Bombardier has taken steps to reduce the risk that a Chinese supplier will delay the first test flight of the CSeries, but an industry analyst who toured its facility remains concerned about its ability to produce sections of the fuselage once full production begins next year.

The Montreal-based aircraft manufacturer, which hopes to begin test flights by the end of the year, recently moved production of the mid-fuselage section from Shenyang, China, to an in-house facility in Belfast.

SAC Commercial Aircraft Company (SACC) continues to supply the rear fuselage section and has already shipped the first one to Mirabel, Que., where it has been joined with other sections.

Although this is positive, Walter Spracklin of RBC Capital Markets said the Chinese partner remains a risk to meet full production targets.

"We believe the facility's ability to 'repatriate back' the fuselage components that were moved away from SACC remains a key uncertainty — as it was not made clear on this trip why SACC struggled," he wrote in a report.

THE CANADIAN PRESS

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CURATING CANADIAN CONSERVATIVES

JUST SAYIN'
Paul Sullivan
metronews.ca

The Canadian Museum of Civilization is being rebranded.

Now it's going to be the Canadian Museum of Our Own Backyard. Er, the Canadian Museum of History.

That old mandate: "To increase, throughout Canada and internationally, interest in, knowledge and understanding of and appreciation for human cultural achievements and human behaviour…"?

That's over. It's time to turn our gaze … inward.

The feds are going to spend $25 million to teach us Canadian history, no doubt because we weren't listening the first time in Grade 8.

Instead of that civilization malarkey, we'll gather all our national clichés in one convenient location: The Last Spike, Maurice Richard's hockey sweater (le pew!), and the gag reel from This Hour Has 22 Minutes. OK, so I made that last one up. But talk about historical significance.

According to the usually informed but anonymous sources, the museum will focus on the Royal Family and the Canadian military.

Tell me this is not all part of the Harper government's ongoing effort to put the 21st century back in the bottle and rewrite Canadian history. We'll know what's really going on if Museum 2.0 has a Preston Manning wing.

The power of pop culture

I agree with James Moore, minister in charge of Turning Back the Clock, that the world needs more Canada. But we already gave the world Jim Carrey and Neil Young. What more do they want? I know —Celine Dion! We'll give them Celine Dion!

The new museum will use the current Museum of Civilization building, a world-class architectural homage to human civilization. Well, it will have to do. It was either that or move it to Winnipeg, where it could take over the newly built Museum of Human Rights. After all, human rights aren't really our business, either. Let the EU or the UN or some other foreign outfit worry about that stuff.

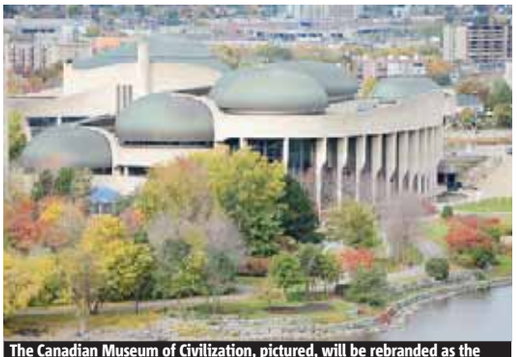
This here's Canada. The Canada of Sir John A. Macdonald, Sir Robert Borden, R.B. Bennett, John Diefenbaker, Brian Mulroney and, of course, Stephen Harper. Did I leave anyone out?

Don't get me wrong. I agree with James Moore, minister in charge of Turning Back the Clock, that the world needs more Canada. But we already gave the world Jim Carrey and Neil Young. What more do they want? I know — Celine Dion! We'll give them Celine Dion!

We'll be able to give all these great ideas to the museum, as staff is now travelling across the country, all expenses paid, to find out what we think.

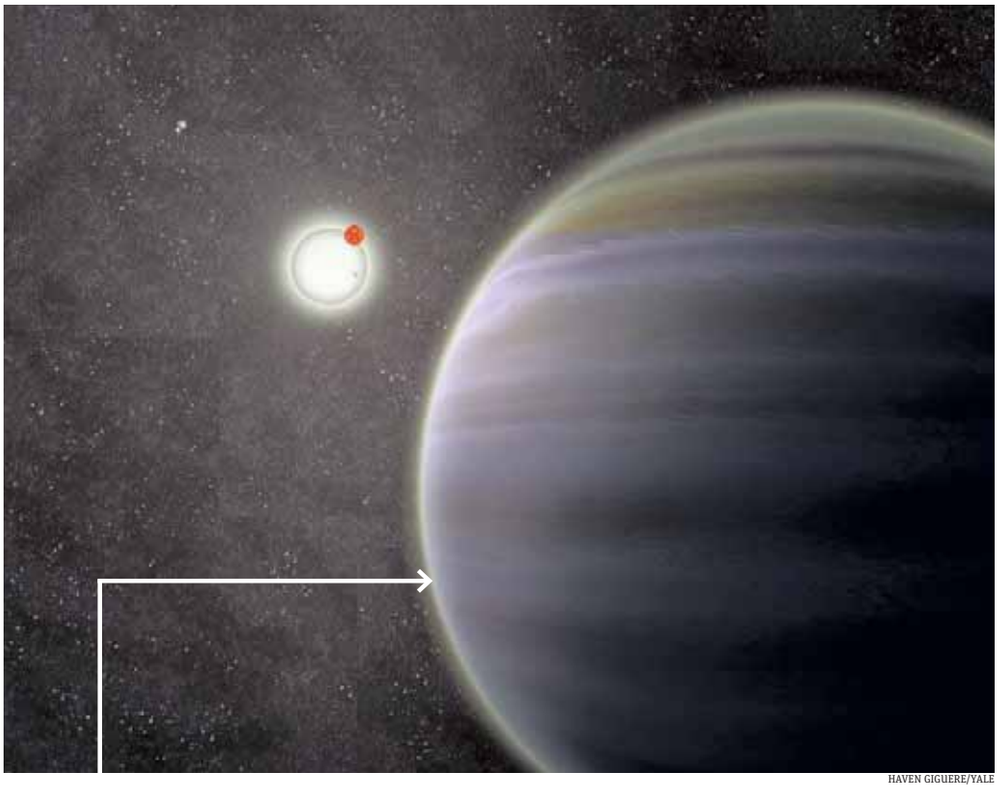
Off the top of my head, I can think of a few more suggestions: the Charter of Rights (too civilized? Too Liberal); the Canadian flag (see previous item); the story of medicare; the National Wheat Board; the National Film Board; the CBC (hmm — there's a pattern emerging here).

Gee, James, maybe this wasn't such a good idea after all.



The Canadian Museum of Civilization, pictured, will be rebranded as the Canadian Museum of History, the feds announced Tuesday.
SEAN KILPATRICK/THE CANADIAN PRESS

New planet gets four stars!



HAVEN GIGUERE/YALE

Team's first find

Planet with 4-sun system discovered

Astronomers have discovered a new planet with a four-sun system — the first case of its kind.

The planet, PH1, circles twin suns that are in turn orbited by a second distant pair of stars. The discovery was made by Planet Hunters, a Yale University-led project, in which amateur astronomers work with professional scientists to find new worlds. METRO

Astronomer's viewpoint

"The discovery of these systems forces us to go back to the drawing board to find how such planets can assemble and evolve in these dynamically challenging environments."

Meg Schwamb, astronomer at Yale University, and lead author of the report behind the discovery.

How they discovered it

How two hobbyists found unique planet

Planet Hunters volunteers, Kian Jek of San Francisco and Robert Gagliano of Cottonwood, Ariz., spotted faint dips in light caused by the planet as it passed in front of its parent stars, a common method of finding extrasolar planets.

Their discovery was confirmed by observations from the Keck telescopes on Mauna Kea, Hawaii. METRO

5,000 light years away

- **What's in a name?** Named PH1 in honour of the Planet Hunters website.
- **Neptune-sized planet.** More than six times the radius of Earth, making PH1 slightly bigger than Neptune.
- **Not habitable.** PH1's temperature ranges from a minimum of about 251 C to a maximum of about 340 C.

Metropolitan Panel

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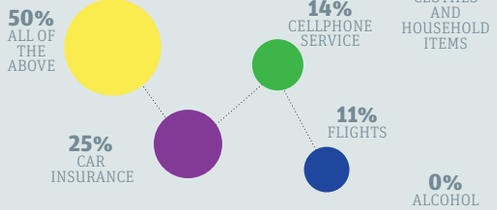
What do you feel Canadians are most overpaying for?



Twitter

@JasonCPaul: It's funny, I actually never really MINDED McGuinty. I figure that's safe to say now.

@Vivienne_m: The possibility that #NHL might begin Nov 2 is giving me goose-bumps.

@bwcane: Wow, #canMNT makes Toronto FC look good #tfc

@docuvixen: All this stroking of Dalton …. from every MPP makes me throw up in my mouth a little..

@Ch4rd: Dear hockey gods, please let there be hockey on Nov. 2. #NHL

@Diane_Hoang: Blinded by the light! Anyone else driving in this #rushhour #toronto

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Helping kids be healthy inside and out

Kids Help Phone counsellors like Duane help callers reframe their problems by listening to what kids are — and aren't — saying.

How RBC® supports Kids Help Phone

When Kids Help Phone introduced live chat as a pilot project in January 2012, young people came flocking. There was just one catch: how would counsellors meet demand? To close the gap, the RBC Children's Mental Health Project, funded by the RBC Foundation, recently announced a $1-million donation. Now Kids Help Phone can ramp up live chat and continue its long tradition of staying in step with young people.

Since 2008, the RBC Children's Mental Health Project has donated more than $16 million to more than 200 organizations across Canada, including Kids Help Phone. You can help us help children. Please visit rbc.com/childrensmentalhealth and test your knowledge of children's mental health. For every completed quiz, we will give $2 to Kids Help Phone[2].

[2] To a maximum donation of $50,000

A lifeline for kids

By Rona Maynard

Every time the phone rings on Duane's desk at Kids Help Phone[1], he knows a young person needs help. Broken heart, divorcing parents, abusive home ... he's heard it all and more, countless times. Callers share their secrets with Duane because they trust him not to judge them or tell anyone without their permission. Duane talks with every kid as if he has all the time in the world. He says what he likes best about his job is "leaning back in my chair and really listening, and also listening to what kids are not saying."

Kids Help Phone is Canada's only free, confidential, counselling service for youth, available in English and French. Close to 100 full-time, part-time and relief counsellors have a DJ's grasp of the latest pop culture trends, yet every one is professionally trained. They're on call where kids want to find them — on the phone, via email and, more recently, live chat (instant messaging on a computer or smartphone). A child who's not ready to talk can find a wealth of kid-friendly, age-appropriate advice on Kids Help Phone's interactive website. Every page on the site has been vetted by subject-matter experts, plus kids themselves. If they say the language is "lame," it gets changed in a flash. Says president and CEO Sharon Wood, "We are at the pulse of what kids really think."

The heart of Kids Help Phone is counsellors like Duane. With his guidance, kids reframe their problems.

When a teen called about bullying at school, he asked, "Do you think you deserve to be treated with respect?" She didn't think so — until Duane convinced her that she had been made to feel that way by people who didn't know her.

> **"I was feeling sad when I called, and now I feel amazing!"**
> **— Caller, age 12**

Next, he helped her identify supports in her life.

Her parents had told her that the bullying would pass, but a sympathetic aunt could be her advocate with them. She also had several trustworthy classmates, and staying close to them would discourage the bullies.

Growing up is harder than it used to be as the Internet turns high school fads and Hollywood meltdowns into worldwide obsessions. Take fear of fat: more boys suffer from eating disorders now. Or self-injury — celebrities have admitted to it, so kids are starting to think it's cool. The counsellors at Kids Help Phone are hearing more these days about addictions, eating disorders, self-injury and other serious issues that collectively account for more than 30 per cent of all contacts — up from 19 per cent in 2004.

When a young person is danger, Kids Help Phone is ready. Counsellors can use three-way calling to connect them with local police, child welfare or other emergency services. Duane remembers one such conversation with an abused, suicidal teen, who later wrote to tell him, "This will change my life."

Kids Help Phone: The Numbers

FOUNDED: 1989
WEEKLY CONTACTS WITH PHONE COUNSELLORS: 5,000
AGE GROUP SERVED: 5 to 20
COMMUNITIES SERVED: 2,600
DAYS OPEN YEARLY: 365, 24/7
PHONE NUMBER: 1-800-668-6868

Even in the most loving families, there's a place for Kids Help Phone. You might not be around when your child feels anxious or scared.

Says Wood, "Think of each child as having a circle of trusted adults — parents, teachers, coaches. We're part of that circle, and we're there when others aren't available."

Here's how to make the most of Kids Help Phone:

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Rona Maynard is an author, speaker, mental health advocate and former Editor of Chatelaine.

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Tyler Perry stars in Alex Cross. HANDOUT

Meet the newest Alex Cross

Adaptation. Tyler Perry plays the lead in the latest movie based on James Patterson's novels

IN FOCUS
Richard Crouse
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If the name Alex Cross sounds familiar you're either an avid reader of crime novels or a Morgan Freeman fan.

The character is the star of 20 books by author James Patterson, two films starring Freeman and now a third, the simply titled Alex Cross, with Tyler Perry in the lead role.

In the books and films Cross is a Washington D.C. cop with a Ph.D. in psychology. In other words, as he says in Kiss the Girls, "I'm a forensic psychologist. It's a fancy way of saying I'm a guy who walks into a room like that and determines the hows and whys."

In the new film, Perry, best known as the director and star of the Madea comedies, squares off against a serial killer (Matthew Fox) who claims to have murdered one of the detective's relatives.

The first Cross novel to make the leap to the big screen was Kiss the Girls, the second book in the series. Denzel Washington was originally set to star, but dropped out due to scheduling conflicts. Morgan Freeman stepped in, starring opposite Ashley Judd.

In the film Cross's niece disappears, the likely victim of Casanova, a kidnapper and killer of young women. Aiding Cross is Dr. Kate McTiernan (Judd), a surgeon, who narrowly escaped the sadomasochist killer's grasp.

The movie was a hit with audiences, but not the critics, although Roger Ebert wrote that Freeman and Judd, "are so good, you almost wish they'd decided not to make a thriller at all… and had simply found a way to construct a drama exploring their personalities."

The movie was withheld from release in central Virginia out of respect for the families of three girls who had been murdered in the area.

Four years later, despite some reservations, Freeman reprised the role. "I didn't want to do the same thing twice," he said, adding that he changed his mind because he realized he "liked Alex Cross. And the fact that he's black is totally incidental. That's a rare thing for a black actor to find."

Along Came a Spider sees Cross solve the case of a kidnapped congressman's daughter. Once again critics hated the film — which currently sits at 32 per cent on Rotten Tomatoes — but praised Freeman's performance. New York Times scribe Elvis Mitchell called it "a classless, underdeveloped thriller," but wrote that it "couldn't be better served than it is by Mr. Freeman."

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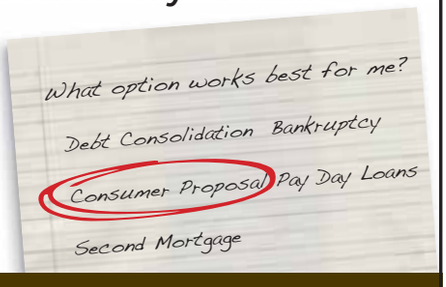

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Heroism comes at a price for Scott Speedman in Last Resort

Scott Speedman stars in Last Resort, which airs on Global. HANDOUT

Interview. Actor discusses his role, the dynamics between characters and the heroism in disobedience

AMBER RAY
Metro World News in New York

We're pretty sure actor Scott Speedman has the power to broker peace negotiations with a simple glance. Of course, in the role of XO Sam Kendal on Last Resort, it will take more than the 37-year-old's mesmerizing blue eyes to get his submarine crew out of trouble, considering war was triggered when he refused strange orders to bomb Pakistan. The morality and heart Speedman brings to the role will help as he goes toe-to-toe with the commanding Andre Braugher, who plays the captain of the sub. Their relationship is central to the series — just as important as the mystery surrounding the United States' decision to turn on its own. Speedman explains.

What is the dynamic between Sam and Captain Marcus Chaplin (Andre Braugher)?

That's where a lot of the dramatic tension on the show comes from. (The characters) are very close. You find out that Andre's character has really nothing to lose; he really has no family to fall back on, so he's making all these gambles. Meanwhile, I'm relatively young and have a wife waiting for me at home. It's been really fun to play with that and to deal with that male bonding relationship and tearing that up.

We've already seen the U.S. attacking the submarine, the crew turning on each other, and a militia on the island prepared to fight the sailors seeking safety there. Who is the biggest enemy?

For Sam specifically, ultimately, the most interesting enemy I can have is the captain. The more generic choices are there but the more interesting rival will be Marcus Chaplin, the father figure, the mentor. But you have the Navy Seals (who boarded the submarine and seem to have their own agenda); you have Robert Patrick's character (the sub's uncooperative Master Chief Joseph Prosser), which is an interesting character to play off of. I much prefer when (the crew is working) as a unit as opposed to using some of the (supporting characters) as enemies.

What is Sam's biggest motivation right now?

A big thrust of the show is my character trying to get home. But really, Sam wants to stay alive long enough to clear his name. He's spent all this time getting to where he is in his life and it's all being ripped away from him. He wants to get home to be with his wife but he's also really intent on clearing his name.

Is there heroism in disobedience?

Of course, I love that aspect of the show. That's really what drew me to the character. He's not just this hero-type guy; even when facing a tough decision, no matter what the consequences, he's still going to try to do the right thing. These guys, they spend 10 years getting orders and following them. They're preparing for this moment — that's what they do in the nuclear submarine — then the order comes and they don't do it. It was an interesting moment to play, for sure."

Quoted

"The most interesting enemy I can have is the captain."
Scott Speedman

Golden Globes. 30 Rock's Tina Fey, Parks and Rec's Amy Poehler to host show

Tina Fey and Amy Poehler are teaming up for the Golden Globes.

The Hollywood Foreign Press Association, Dick Clark Productions and NBC announced Monday that the pair of 30 Rock and Parks and Recreation stars have signed on to host the 70th annual Golden Globes ceremony after British comedian Ricky Gervais' three-year reign as the show's acerbic emcee.

Track record

"Tina and Amy have a proven chemistry."
Paul Telegdy, NBC

"The unparalleled comedic timing of Tina and Amy will surely have viewers wanting to tune-in to see them in action," said Takla-O'Reilly, president of the Hollywood Foreign Press Association, which honours film and TV at the Beverly Hills Hilton ceremony.

The funny lady duo previously starred together in the films Mean Girls and Baby Mama and on Saturday Night Live. They co-hosted the NBC sketch comedy series' Weekend Update segment from 2004 to 2006.

"Having both Tina Fey and Amy Poehler on board to host this year's festivities is a major coup," said Paul Telegdy, president of alternative and late night programming at NBC. "Tina and Amy have a proven chemistry and comedic timing from their many years together."

This year's Golden Globes ceremony was watched by 16.8 million TV viewers, finishing within one per cent of the 17 million viewers who tuned in to the 2011 broadcast, according to the Nielsen Co.

The Globes are usually handed out about a week before the Academy Award nominations are announced, but that won't be the case next year. The motion-picture academy has moved up the Oscar nominations announcement to three days before the Globes are set to air Jan. 13.

The earlier date for the nomination unveiling for the 85th annual Academy Awards, which will be hosted Feb. 24 by Family Guy creator Seth MacFarlane, could steal attention away from the Globes.

THE ASSOCIATED PRESS

Funny ladies Tina Fey and Amy Poehler team up to host the Golden Globes.
GETTY IMAGES

Q&A. Ellie Goulding on hit single Lights, sophomore album and dating Skrillex

Ellie Goulding THE ASSOCIATED PRESS

British singer Ellie Goulding dealt with writer's block when coming up with songs for her sophomore album. That's because she was still dealing with the success of her first album.

Goulding's debut, Lights, was released in February 2010 in Europe and March 2011 in the United States. This year, however, the title track peaked at No. 2 on Billboard's Hot 100 chart and has sold more than 3.3 million units in America. The electro-dance track is one of the year's top songs.

"I still haven't been able to understand, like, why that has happened," the 25-year-old said in a recent interview. "It's crazy. But the definite truth is it's been way more popular here (in the U.S.) than it has anywhere in the world."

Her Lights album has sold about 240,000 units in the U.S., but now she's promoting her sophomore record, Halcyon, which was released this week. She recorded it in "a converted barn in a valley" in England with producer Jim Eliot (Kylie Minogue) to escape the success of Lights.

While her Lights single is on the new album, Goulding has a new single, Anything Could Happen, a new sound — and a somewhat new relationship.

Did you want to capitalize on the success of Lights and do something similar on the new album?

... No, not really. ... If my next song has the same ability to do what Lights has done, then I'll be really proud. But, who knows? Like, I would never want to design music to do what Lights did 'cause that wouldn't have any kind of integrity on my part. ... Most of my favourite music isn't in the charts. Don't get me wrong, I adore pop music so much. I'm not saying I have a thing against chart music. If mine gets on the charts and I sell records, then it's a bonus.

What helped you overcome writer's block?

... I guess I cured it by meeting Jim. Also ... I went through, like, a breakup in a relationship (with radio DJ Greg James) and genuinely, like, that kind of opened the floodgates for me. I felt like there was a lot I needed to write about for a long time. I went away to Ireland by myself and that triggered a lot of the lyrics, a lot of the ideas.

You're dating Skrillex and you've collaborated musically. Do you want to do more of that?

I think in an ideal world we'd love to make a whole record together ... but it just so happens that we're both ridiculously busy. When it comes to music, it honestly is really professional. Honestly. If we start talking about music on the phone, it switches immediately to being professional, and not on purpose, but because we're both so passionate about music and it's a very serious thing to us. But at the same time we've had fun making stuff, and I have fun listening to his new stuff because it blows my mind and it's so clever to me, so fascinating it makes me want to laugh, and I laugh because it's so brilliant.

THE ASSOCIATED PRESS

Oozing with exuberance

Fear Fun. Musician makes some changes after being on 'autopilot' for a few years

PAT HEALY
Metro World News

Father John Misty MAXIMILLA LUKACS

Fear Fun is the debut by Father John Misty, but the man behind the moniker, Joshua Tillman, has been putting out albums for the past eight years, recording as a member of Fleet Foxes, Saxon Shore and on his own as J. Tillman. These previous efforts, mostly characterized by their solemnity, bear little resemblance to his recent outpouring of manic psychedelic folk.

"I was obliged to make some changes after some realizations that I had about myself," says Tillman. "I was on autopilot for a few years with the J. Tillman thing."

On Fear Fun, the songs ooze with an exuberance of being born again, but for Father John Misty that doesn't necessarily mean a pious awakening. Against some of the same warm quilts of harmony that make Fleet Foxes sound so comforting, Tillman sings words that are frank and funny and often deal with sex and drugs. If it weren't for this content, you could almost picture him dancing to these funky songs with some groovy monster on The Muppet Show.

His voice is one of confidence and clarity, and against the dark decadence of his lyrics, it blurs the line between reverence and irreverence.

As opposed to the bleak and serious artwork on his solo records, the album art on Fear Fun is deeply hallucinogenic, with liner notes inside that provide commentary and peculiar subtitles for each song.

Tillman says coming up with this part of the album was a cathartic process.

"I was just sick of identifying myself as a songwriter and subsequently like a failure of a songwriter or something," he says. "Around that time, the sound of an acoustic guitar made me nauseous, like I couldn't even deal with it, and so I left Seattle and I just wanted to get back to my humanity. And it's funny because with songwriting, you get so used to only pulling from certain aspects of your imagination or your emotional quotient. You get so used to farming from these very specific parts of yourself that at some point you start to believe that those are the only parts of yourself that have substance or worth. I was just sort of sick of feeling like a one-dimensional entity in terms of creativity, so I started writing up the book that's in the album and I wasn't beholden to these aesthetic parameters that I was musically. I quickly discovered what I perceived to be far more engaging in that medium, creatively. I was laughing a lot the whole time I was writing."

Biblical references

Nothing is sacred

In addition to the new name with which Father John Misty has ordained himself, Fear Fun teems with references to biblical figures and holy places. But Joshua Tillman says nothing is sacred here.

"Really, it just kind of aligns with my sensibilities of what I think is funny," he says. "I do think music that is popular right now is so insubstantial, and there is very little acknowledgement of prevalent images or mythology. ... I know that religion is like an antiquated thing, but it still, for whatever reason, really resonates with people, and the subversion of those images resonates. It's not out of devotion, but if I'm going to write from my conversational voice, there's tons of that s— rattling around in my brain just from my formative years, and I really get some enjoyment out of subverting conventional wisdom regarding those symbols."

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Beach House to keep it meaningful from now on

Alex Scally GETTY IMAGES

Critically acclaimed. Metro talks to the band during their world tour

HEIDI PATALANO
Metro World News in New York

Revered by critics and slowly making their way into the mainstream, the Baltimore band Beach House have a growing awareness of the burdens of their fame.

Careful to protect their image but eager to engage with their fans, Victoria Legrand and Alex Scally have vowed to keep it meaningful as they promote their fourth album, the critically acclaimed Bloom.

So we went deep for this interview while Scally was on a break during their world tour.

Before doing this interview, your publicist told me not to ask about your influences or ask any of the traditional boring questions. I get it. Do you feel sort of weary about doing these interviews now?
Um, no. You don't want to talk about things that are boring. It's just very natural and simple. … Whenever you get questions like 'What are your influences?' I always tend to think that's just someone who hasn't really listened to the music. We kind of made a conscious decision, after so many years of doing this band, we only want to do things that are meaningful now. We're lucky that we can try to do it that way. No fluff.

In other coverage of your music, you've mentioned how there are so many generalizations about what you do — that it's all about tones. Do you think there will ever come a day when you'll swear off reading what people have written about you?
We don't read much of what people have written. ... We feel very lucky that we are asked to do interviews or that people care enough to do it. ... That comment about people paying attention to tones — I think that's bigger than our music. We're talking about a society-wide trend that we've been noticing for a couple of years — people just creating music based just only on the vibe of it. The song comes second. The lyrics come second. It's all just a bunch of sound that feels good. There's nothing wrong with that. It's just commenting on it.

It's not engaging on all levels.
Right. When we said that, we were just trying to tell people, well, we spend a lot of time on the songs and the lyrics. Please don't let it be only felt on that level. If you consciously think about it at all, try to go somewhere else with it. It's instructing the listener a little bit.

There are all these online lyric sites — are you annoyed when people list them incorrectly?
Victoria wrote all the lyrics out in the album art, so anyone who really cares will find the correct ones. I think it's kind of interesting how there's so much bad information on the Internet. It's kind of this hilarious thing. It's like this big bathroom wall with 10 billion people writing on it.

There's been controversy recently surrounding your refusal to let Volkswagen use your music in their commercial and keeping a lid on how much you share your music for those purposes.
Just to clarify "keeping a lid on how much we share our music" — that's not it at all. We love sharing our music, and if that ad had been amazing we may have done it. The ad was terrible. It's more taste and it's more use. If a song is used well, it's exciting to us. It could make a commercial better or a product better, or maybe we like the thing that they're trying to sell. Trying to be uncommercial is not one of our goals. We're a commercial band. We sell our records. We want to communicate to people as much as possible, but on our own terms.

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Birthday bash. Usher celebrates big day with never-ending party

R&B star Usher says he still feels 21, despite just celebrating his 34th birthday.

The singer "danced all night" in London with a host of British singing talent Saturday night before his birthday Sunday, including Leona Lewis, Tinie Tempah, Dizzee Rascal and JLS star Ortise Williams. But Usher says that's not where the party is going to end.

"It's really going to be a party celebration week as opposed to weekend," he said.

In London to promote the computer game Dance Central 3 for Xbox, Usher also talked about his recent decision to put his European tour dates on hold in order to "do something really creative."

The American R&B star is joining the judging panel on the American talent show The Voice, a role he can't wait to fill.

"I haven't really had the chance to show people what I do behind the scenes in regards to mentoring, so this will kind of give you a different perspective" about me, he told The Associated Press.

Aside from designing video games and mentoring young hopefuls, Usher just premiered a new music video for his latest single Numb. It opens with real-life footage of the singer controversially walking off stage partway through his Berlin gig last year and features him dancing in a glass box.

"You know, I live my life in a glass box and every move, everything that I do is kind of speculated or either spoken about in some way and I never really can speak about it myself," he said. "This kind of gave me the opportunity to open up and just be vulnerable."

Numb is the latest single from the R&B star's Looking 4 Myself album.

THE ASSOCIATED PRESS

Quoted

"It's really going to be a party celebration week as opposed to weekend."
Usher
on his 34th birthday

Usher CHRIS PIZZELLO/THE ASSOCIATED PRESS/INVISION

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Scenopolis

La Cage Aux Folles doesn't 'folles' short!

La Cage Aux Folles runs until Nov. 18 at the Royal Alex Theatre. COURTESY PAUL KOLNIK

George Hamilton may be best known to my contemporaries as that overly tanned actor whose self effacing cameos poke fun at a Hollywood career that was built off of being an overly-tanned self effacing character.

However, Hamilton, given the right opportunity, is more than the sum of his parts.

His versatility as a performer is currently on show at Toronto's Royal Alex Theatre, where he is currently starring in the direct-from-Broadway revival of La Cage Aux Folles, where Hamilton can be found singing, dancing, acting and mugging for the audience as only he can do best.

La Cage Aux Folles was written as a French farce, which became an '80s musical that was then re-popularized in 1996 by the Robin Williams movie The Birdcage.

Throughout these iterations the plot points have stayed the same: Nightclub owner George, (played by Hamilton) and his drag queen lover must pretend not to a couple in order to impress the conservative parents of their son's fiancé .

While a tale of conflicting family values may seem outdated in 2012 Toronto (drag queens, quelle horreur!), La Cages Aux Folles is a slick musical revival that relishes in its campy and feathered fun.

La Cage Aux Folles is currently on-stage at the Royal Alex Theatre until Nov. 18.

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Scarlett Johansson ALL PHOTOS GETTY IMAGES

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Barack Obama gives his take on the American Idol judges' cat fight.

Johansson calls it splits with BF

Scarlett Johansson has split up with boyfriend Nate Naylor just weeks after she was spotted looking cosy with ex Jared Leto at a political event, according to Daily Mail. How official is the split? Naylor was even spotted clearing his belongings out of Johansson's New York home. "They never officially lived together, but Nate has moved all of his stuff out and back into his apartment," a source says. "The relationship is over. It has not been amicable."

Obama offers his two cents in Carey/Minaj feud

As he continues his campaign for re-election, U.S. President Barack Obama is addressing all of the top pressing issues — including the feud between American Idol judges Mariah Carey and Nicki Minaj. "I think that they are going to be able to sort it out, I am confident," Obama said during an interview with Miami's Y100 radio station. "I'm all about bringing people together, working for the same cause. I think both outstanding artists are going to be able to make sure that they're moving forward and not going backwards."

Ashley Greene

Penny saved a penny earned for Greene

Twilight star Ashley Greene has found a downside to being in the super-successful franchise: getting spoiled when it comes to travel. "Twilight has ruined me," Greene tells Marie Clare magazine. "When this is all over, flying internationally is going to be very hard for me. It is just not worth it to buy a first class ticket, because of the cost."
Worth it or not, Greene should have no trouble paying for a ticket, though, as she's been smart with her Twilight salary.

"I'm lucky because my dad taught me to be frugal and save," she says.

Amanda Bynes is facing charges from her driving record.

Jennie Garth's efforts to reach out to Bynes all in vain

It seems everyone is worried about troubled starlet Amanda Bynes these days, including former What I Like About You co-star Jennie Garth. "I tried reaching out to her and I haven't been able to reach her," Garth tells Us Weekly. "My heart feels for whatever she is going through and I love her dearly."

Garth isn't alone in feeling disconnected, as Bynes' parents have reportedly been getting the cold shoulder from the actress, who is facing multiple charges stemming from her dangerous driving record.

The Word

Depp to launch eccentric yet dashing book imprint

THE WORD
Dorothy Robinson
scene@metronews.ca

Celebrities are constantly launching perfumes and clothing lines.

But Johnny Depp is not just any old actor. He's Johnny Depp! He's gotta do things differently!

So what is the famed actor's new vanity project? Why, he's going to publish books!

According to a statement by Harper Collins, Depp is launching an imprint with the book publisher called Infinitum Nihil (translation: "nothing lasts forever").

Per the statement, Depp says, "I pledge, on behalf of Infinitum Nihil, that we will do our best to deliver publications worthy of peoples' time, of peoples' concern, publications that might ordinarily never have breached the parapet."

The imprint has already announced one book: The Untravelled Tales of Bob Dylan by the historian Douglas Brinkley, which is set for publication in 2015.

Interesting way to inject some glamour into the rather staid world of book publishing.

And, hey, unlike the rest of us involved in the media world, it's not like he has to worry about the scant paycheck.

But does anyone else get the mental image of Depp editing books while dressed like a pirate and using a quill pen?

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There is always time for tapas in Spain's capital city

Madrid. This destination offers everything from traditional fare in centuries-old buildings to the latest in innovative cuisine

VAWN HIMMELSBACH
life@metronews.ca

Madrid has a tempo; it's a city that lives by and for art. It's also a city where food has been elevated to an art form. Take your pick of gastronomic delights at one of the city's centuries-old restaurants, traditional tapas bars, trendy gastrobars or gourmet markets. Here's a guide to eating your way around Madrid:

Markets

Mercado de san Miguel: Built in 1916, this market has become a meeting place for foodies. You'll find everything from salted fish at Casa del Bacalao to European meats at La Boucherie. At sundown, the market turns into a hotspot for tapas, which can be washed down with a glass of Spanish red at one of its wine houses.

Mercado de San Anton and La Cocina: This new gourmet market was designed for foodies — with 14 food stalls on the first floor, and show-cooking stations and a bar for casual meals on the second floor. Head to the third floor's terrace restaurant, La Cocina, where you'll find dishes inspired by traditional Spanish cuisine. Here, sample some of the best bellota ham, aged for five years — from pigs fed a diet of acorns and aromatic herbs.

Tapas

While in Madrid, do like the locals and tapear (go for tapas) — order calamari, cod and tripe. This time-honoured tradition still stands, whether in a traditional tavern or trendy bar, where small plates of food are served with a glass of beer or wine. Some of the best traditional taverns can be found in the oldest parts of the capital, including La Latina, Cava Baja, Cava Alta and Cava de San Miguel.

Gastrobars

Head to Estado Puro, one of the city's trendiest gastrobars, where the bar is covered with transparent panels encasing flamenco dolls. The food is a contemporary twist on traditional Spanish fare — try a deconstructed tortilla in a shot glass, or foie gras served like an ice cream sandwich.

Traditional with a twist

La Capilla de la Bolsa in Madrid's Literary Quarter was once, in the Middle Ages, the Chapel of Santa Cruz, and later became home to the Madrid Stock Exchange. The restaurant has maintained the building's Baroque vault and original columns, allowing you to soak up hundreds of years of art history as you eat Mediterranean haute cuisine.

Where to stay

The boutique Hotel de las Letras combines tradition with modern flair. Built in 1917, this newly renovated, modern space has retained its mosaics, marquises, staircases and original sculptures, and each room features high ceilings, oak flooring and natural light. It's located in the Gran Via shopping district, at the heart of the city's Art Walk.

VAWN HIMMELSBACH IS A FREELANCE WRITER BASED IN TORONTO. CHECK OUT HER WEBSITE AT CHICSAVVYTRAVELS.COM.

The San Miguel Market is a meeting place for foodies. PHOTOS: COURTESY ESCARABAJO AMARILLO

How about some Spanish ham?

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Arrive in Aruba

With a perfect climate and white sand beaches, where else would you rather be this winter?

CASSANDRA GARRISON
Metro World News

The waters are always azure in Aruba. THINKSTOCK

As the sunset burns over the horizon of Aruba's 32-kilometre white sand coast, the story that shocked the world in 2005 seems to be the furthest thing from mind.

"What incident?" a local sarcastically asks when pressed about whether the "incident" still puts a dent in Aruba's tourism industry.

That "incident," of course, is the disappearance of Alabama teen Natalee Holloway and the headline-grabbing investigation that ensued. As the media circus was fuelled by talk that Aruban officials dragged their feet when she first went missing, the island's main source of income — tourism — devastatingly plummeted.

But on the beaches of this tropical paradise, where cool trade winds make for the perfect year-round climate, Aruba seems to have rebounded as it once again emerges as an ideal vacation hot spot in 2012. Crime is typically minimal and security guards patrol the beaches at night.

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1 Stay

Feel like a VIP at the island's top-notch resort: Hyatt Regency Aruba (J. E. Irausquin Blvd. #230, Aruba; +011-297 586-1234). Choose from an ocean-view room or one that overlooks the tropical courtyard with sparkling pools. With its own beach for guests, six restaurants and a casino that's hopping till the wee hours, vacationers don't ever need to leave the property, unless it's to buy some hand-rolled Cuban cigars in the shops across the street. Rates run from $335 in low season, and $595 in high season.

2 Eat

Have the hotel arrange a taxi and venture off the beaten path for a more local dining experience. Grab a table on the patio at island favourite Madame Janette (Cunuco Abao 37; +011-297-587-0184). Choose from Argentine cuts of beef or a fresh catch from the Caribbean sea. Don't miss the Shrimp "Coco di Rasta" — jumbo coconut shrimp smothered in red curry sauce and served with rice. Or dine with your feet in the sand at Hyatt's Footprints restaurant (+011-297-586-1234 ext. 37), which offers romantic tables on the beach so you can watch the sunset as you sip local cocktails and enjoy fresh fare like snapper ceviche or grilled lobster for two.

3 Explore

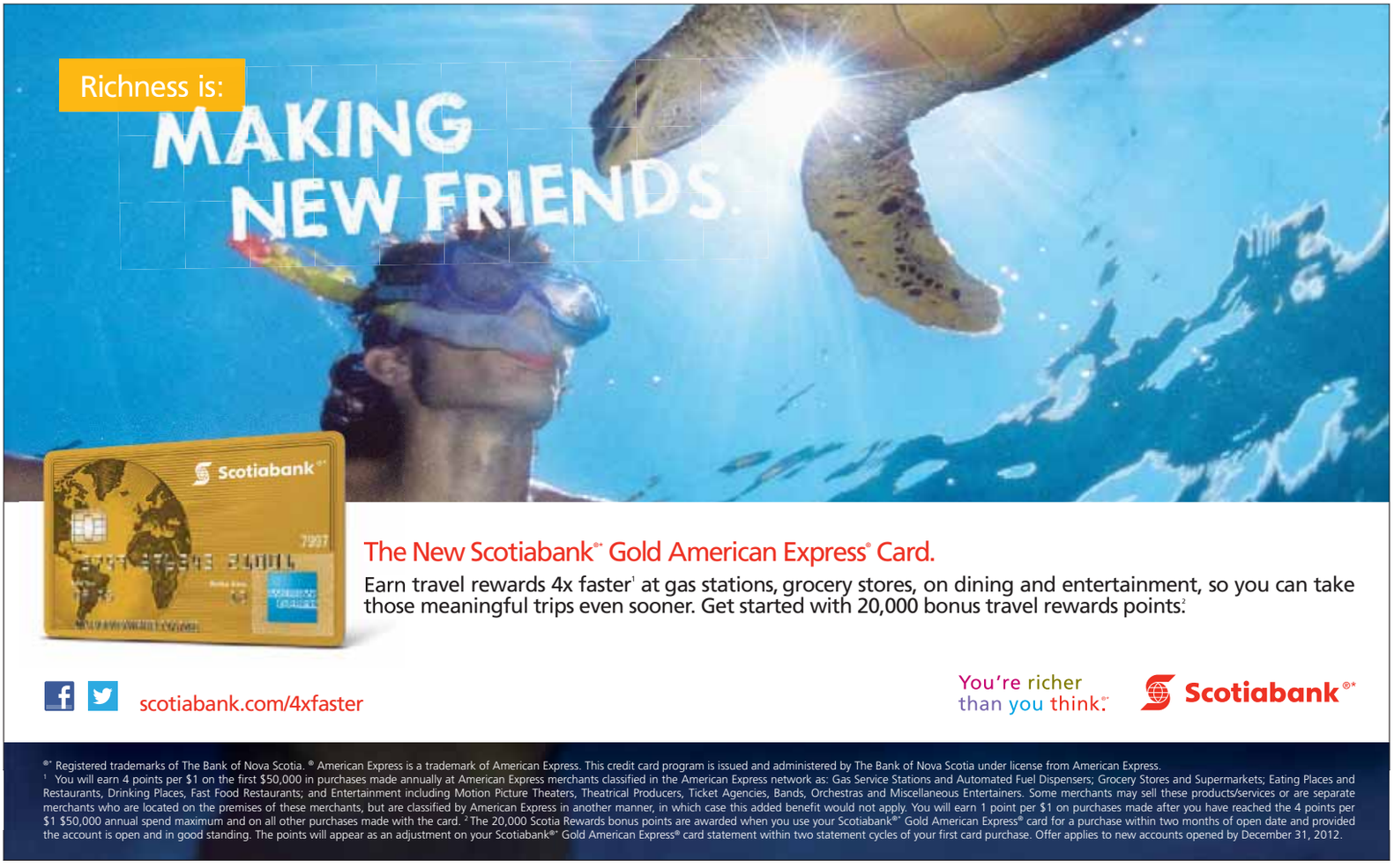
Though Aruba is just 32 kilometres long, its diverse geography features stunning views. Sip on an Aruba Arriba as a catamaran with Red Sail Sports (L.G. Smith Boulevard 17; +011-297-586-1603) takes you to the island's best snorkel spots, where you'll get a close-up of ocean life and a German shipwreck from 1940.

4 Relax

Aruba's desert climate makes it a perfect growing location for aloe and the plant's healing properties are utilized at Hyatt Regency Aruba's ZoiA Spa (J.E. Irausquin Blvd. #85; +011-297-586-1234). Give your skin a rest from the hot sun with aloe-based facials, wraps or soothing rituals for your hands and feet. Try a colour-themed spirit bath, a tradition used by locals to calm the spirit and relax the mind.

5 Play

Kick back with a drink and sing along to karaoke at Piet's Pier Bar (J.E. Irausquin Blvd. #85; +011-297-586-1234 ext. 51) Stay till close and a security guard will be waiting to escort you back to the hotel. Hint: Ask the bartender to sing Shania Twain's Still the One, but be prepared to join him in the duet.
Senor Frog's (J.E. Irausquin Blvd. 348 A; +011-297-586-8900) gets a bad rep as a tourist trap, and, indeed, there are plenty of college-aged drunks. But if you can get past the cheese, it's not a bad spot for late-night dancing.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New Orleans, for the ladies

Good times. Women, are you ready to live The Hangover?

ALISON BOWEN
Metro World News

New Orleans has been a staple of bachelor parties for decades, but these days the ladies are taking over the city.

An annual conference, Festigals, drew 400 people this summer for a women-only celebration.

One of the premier hotels, the Windsor Court Hotel, boasts a female chef and female sommelier, together crafting elegant-tasting menus.

And a walking tour of the French Quarter — led by a feisty 79-year-old female — drops in tales of women influencing the city.

So what better place for a girls' getaway?

How about a girls' trip for Mardi Gras? THINKSTOCK

Eat your way through the city

Leave the diet books at home. The waiters at legendary Arnaud's Restaurant on Bourbon Street may tell you the meals are zero calories, but that's not true — and you'll be robbing yourself of the city's best pleasures if you don't eat your way through New Orleans. The city's cuisine is incomparable — succulent shrimp often delivered straight from the Gulf, the spices are thrown together in a way New England just can't muster, and, well, what other place constantly lights its desserts on fire? A few places to try: Brunch is a must here. A favourite is Brennan's in the French Quarter. Craft a delicious prix-fixe meal like its famous turtle soup (you'd never know), shrimp sardou layered over artichokes and spinach and, of course, bananas foster, created at the restaurant and now a New Orleans staple. If you'd rather eat all you want, The Court of Two Sisters down the street has a daily jazz brunch, with a live band in the courtyard and a shrimp-and-grits filled buffet. For a quick sandwich along the way, grab another city staple, the po-boy. In the French Quarter,Johnny's has alligator sausage po-boys and Deanie's boasts the shrimp and oyster sandwiches as part of its seafood-centric menu.

Stay out all night

Make sure to walk along Bourbon Street — even without Mardi Gras, it's a circus all its own. But locals will tip you toward Frenchmen Street, a chance to dart in and out of bars where local bands play all night long. This weekend, you could catch the Crescent City Blues and BBQ Festival. Top off any night with a visit to Cafe du Monde, open 24 hours a day, for the city's famous beignets and rich chicory coffee.

Grab your shopping shoes

Explore the unique boutiques of Magazine Street, a lengthy but doable walk or a quick cab ride from the French Quarter. Places like Buffalo Exchange offer consignment-store finds, like party dresses or a floral TopShop blouse or a boom box. If your shopping can escalate to extravagant — or for a peek — stop in at M.S. Rau Antiques, where pieces range from a Russian fossilized cave bear to Monets and a vampire killing kit.

Where to stay

The Hotel Monteleone, legend says, is where the French Quarter begins. The hotel, opened by a Sicilian shoemaker more than a century ago, has hosted luminaries from Tennessee Williams to Paul Newman and Liberace. Within walking distance from delicious brunch spots and the invigorating, music-filled Frenchmen Street, the hotel is an elegant place to retire at the end of the day.

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It was roughly 200 years ago that cottages were built and a community established just beyond the French Quarter. PHOTOS: GERALD HERBERT/THE ASSOCIATED PRESS

Treme celebrates 200 years of tunes

Neighbourhood revival. Vibrant pocket of New Orleans is enjoying a surge in interest with HBO series of the same name

A boy participates in a concert at Armstrong Park in Treme.

The colourful and musical New Orleans neighbourhood called Treme is marking the 200th anniversary of its origins as an early melting pot for the city and the U.S.

Treme is considered one of America's most unusual neighbourhoods and holds significant place in the history of jazz. It is also getting some new energy thanks in part to the spotlight provided by the HBO series Treme.

"All the things sacred to New Orleans bubbled up from that neighbourhood, because Treme had such a mixture of people and cultures," said Toni Rice, a spokeswoman for one of the neighbourhood groups organizing its bicentennial celebration. "It wasn't just slaves. It wasn't all white or all black. It was German, Spanish, Haitian, Italian."

Born from the immigration that followed the Haitian revolution of the early 1800s and named for French milliner and property owner Claude Treme, the neighbourhood became an entertainment centre where white and black Creoles gathered. The wave of Haitian refugees added to a New Orleans that was already a mix of French, Spanish and African-American culture, with American influence filtering in after the 1803 purchase of the territory from France. New Orleans was still largely confined to the French Quarter — the original city founded in 1718. Treme and other outlying neighbourhoods were farms or swamps until efforts to drain the land took hold as the population grew.

It's the site of St. Augustine, one of the oldest African-American Catholic church parishes in the nation, where Homer Plessy was a parishioner. In 1892, Plessy triggered the infamous U.S. Supreme Court case, Plessy v. Ferguson, which upheld the constitutionality of state laws requiring racial segregation in public facilities under the doctrine of "separate but equal."

It's also the site of Congo Square, where during the 18th and 19th centuries slaves were permitted to dance, trade goods and play music that would evolve into jazz. Generations of musicians hail from Treme, among them Troy "Trombone Shorty" Andrews and his grandfather, the late Ooh Poo Pah Doo singer Jesse Hill.

It was also home to the recently deceased Lionel Batiste — the vocalist, drummer and assistant leader of the Treme Brass Band who was known simply as "Uncle Lionel." And it was the birthplace of jazz singer and trumpeter Lionel Ferbos, who at 101 is believed to be the oldest working musician in the city. He performs regularly at the Palm Court Jazz Cafe in the French Quarter.

Percussionist Shannon Powell, 50, has lived in Treme his entire life. It's where at age 11 he performed Bourbon Street Parade at a now-closed jazz club near his house and where as a teenager he was discovered by singing banjo and guitar player Danny Barker, who helped launch Powell's career.

"I caught the tail end of a lot of good things, of old ways of doing things," Powell said. "Jazz funerals meant a lot more than they do now. They were so respectful and dignified. The procession dressed in suits, wore black and white, and they played a slow dirge until the body was put in the ground. It's not like that anymore. Now you have kids out there in jeans playing all kinds of stuff."

Still, after years of blight and crime problems, a slow revival is taking shape. Treme is now part of a multimillion dollar Department of Housing and Urban Development revitalization plan, which could include the removal of the interstate highway. Work is under way to turn an unused rail corridor into a miles-long walking and bike path.

"This neighbourhood is an example of survival," said Wayne Baquet, who operates Lil Dizzy's restaurant. "The city lost a big part of the middle class due to white flight and then black flight to newer neighbourhoods like New Orleans east and Gentilly.

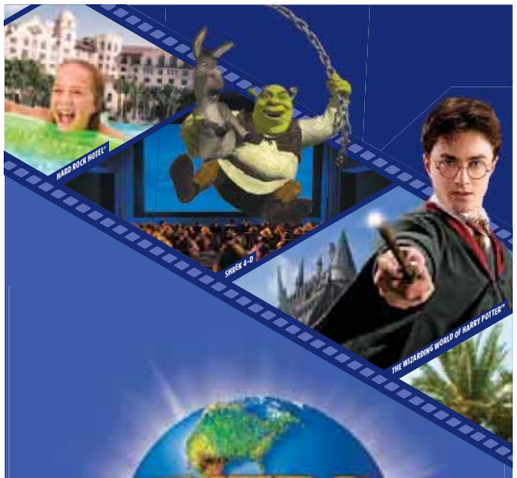
"After Katrina, which practically destroyed those two areas, Treme is coming back," he said.

THE ASSOCIATED PRESS

Quoted

"This neighbourhood is an example of survival"

Wayne Baquet, operator of Lil Dizzy's restaurant in Treme, New Orleans



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DOS & DON'TS FOR YOUR DESTINATION WEDDING

PURESTOCK/THINKSTOCK

Congratulations! You're engaged. Always dreamt of a wedding on a beautiful white beach? Here are some dos and don'ts for planning your upcoming destination wedding.

DO determine what kind of destination wedding it is you want, says Dianne Jackson, senior director of sales and marketing for Mississauga, Ont.-based iTravel2000.com. "Are you going because it's a destination and it's beautiful and you want a traditional wedding in a destination? Or are you trying to escape the traditional wedding here?"

DO work with a travel agent. "That way they can help get the group rates together, get everybody sitting together, get the best prices and know the destination," says Tracey Manailescu, co-founder of The Wedding Planners Institute of Canada and owner of Tracey M Events. She also recommends working with a wedding co-ordinator from this side of the ocean to help further keep things organized.

DO book ahead — six months to a year at least. "People think because it's a destination, they can do it two months ahead," says Manailescu. "But people need to save up for this, need to renew their passports, book time off of work and more."

DO visit the property or resort beforehand. "Online, everything looks beautiful but sometimes you get there and there are areas under construction or you have only a roped off spot on the beach with bathers and bikinis behind you," Manailescu warns.

DON'T forget to confirm an officiant who will marry you on the day you want first. "You don't want to make travel arrangements and then suddenly you can't get a judge," says Jackson. "You also have to make sure that the arrival date goes along with that destination wedding." Some countries, for example, want couples in the country for two full days before they will allow them to be wed.

DON'T pack your dress. Instead, take it on board with you as carry-on luggage. Many airlines have sections near the front of the plane where the dress can be hung for the duration of the flight.

DON'T forget to ask in advance how many weddings the hotel has that day. "There's nothing worse than being part of an assembly line of brides. And some properties will get 12 weddings in one day so you just see a bunch of brides running around," says Jackson. "For your special day, you never want to go where there are more than two weddings in a day."

ISTOCKPHOTO/THINKSTOCK

ISTOCKPHOTO/THINKSTOCK

WALK DOWN A FOREIGN AISLE

WEDDINGS AWAY FROM HOME REQUIRE INTENSIVE PLANNING

The world may be in an economic downturn, but not so the world of destination weddings.

In Canada, the number of tropical, out-of-country "I dos" grows steadily every year, and so does the guest list. And where it used to be that a faraway wedding meant just a handful of guests, today the average is 30-plus. Thanks to all-inclusive Mexican and Caribbean resort packages with low or no-cost weddings thrown in, there's no doubt: This is a growth industry.

Monica Hill, a member of the Wedding Planners Institute of Canada and owner of Aisle Plan Your Day, reminds couples that while destination weddings offer sunny, romantic backdrops to a wedding, they do require time and organization.

"The top priority has to be the guest. They need enough time to get a passport, arrange child care, get time off work and save for the cost of travel," Hill says.

DAVID DE LOSSY/PHOTODISC/THINKSTOCK

Will it be a semi-private affair provided by the resort, or an off-site event with extra costs for food and alcohol? How about the time of year? Hurricane season (June to August) is cheaper, but riskier, too. Hill says guests can expect to pay around $2,000 each for flight and accommodation at a resort wedding in the Caribbean or Mexico, the sites for 90 per cent of her destination business.

A planner can be invaluable for details couples aren't aware of. Did you know you have to be on Jamaican soil for 48 business hours before you can get married there? Or that in Mexico, blood work is required for the couple? Check your passport, too. Some countries require it be valid for six months after travel.

The bottom line, Hill says, is that pre-planning is a must. If a bride wants to bring her wedding dress as carry-on baggage, (and that's the only way Hill advises), it must be arranged in advance with the airline so it can be hung in a closet at the front or rear of the plane.

FACTS & FIGURES

The average Canadian urban wedding costs $30,000 today, but destination weddings average less than half of that. The typical age for a destination bride and groom is 27 and 29, slightly younger than the average for traditional weddings. And how quick is the destination wedding craze growing? Faster than in-town nuptials: The industry now accounts for around 10 per cent of all Canadian unions.

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Maple syrup and cinnamon bring out the sweet side of root vegetables

This recipe serves six. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

Baked root vegetables are a real comfort side dish during the colder months. Use other varieties of your favourite vegetables such as turnips or rutabagas. You may need to add a little more maple syrup since these vegetables tend to be less sweet.

Ingredients

- 1 lb sweet potatoes, unpeeled and cut into wedges
- 1 lb Yukon Gold potatoes, unpeeled and cut into wedges
- 1 lb butternut squash, peeled and cut into 2-inch pieces
- 1 large sweet yellow onion, cut into 8 wedges
- 2 large peeled parsnips, cut into 2-inch pieces
- 2 peeled beets, cut into 1-inch pieces

Dressing

- 1 tbsp olive oil
- 1 tbsp balsamic vinegar
- 2 tbsp maple syrup
- 1/2 tsp cinnamon
- 1/4 cup chopped parsley

1. Preheat the oven to 425 F. Line 2 baking sheets with foil and lightly coat with cooking spray.

2. Arrange the sweet potatoes, potatoes, squash, onion, parsnips and beets in a single layer on the lined baking sheets. Lightly coat with cooking spray. Bake in the centre of the oven for about 25 to 30 minutes, turning after 20 minutes or just until browned and tender. If the trays are on separate racks, switch their positions halfway through the cooking time. Bake the beets an extra 10 minutes, or until fork tender. Place the vegetables on a large serving platter.

3. To make the dressing, whisk together the olive oil, vinegar, maple syrup and cinnamon in a small bowl. Pour the dressing over the roasted vegetables. Garnish with parsley and serve.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Drink of the Week

Orange Haze for those fall nights

This not-so-kid-friendly murky and thick "orange haze" blends orange liqueur, chocolate liqueur and honey.

It's perfect for the fall. This recipe serves one. It is, however, very easy to double or triple.

- 3/4 oz orange liqueur
- 3/4 oz milk chocolate cream liqueur
- 1/2 tsp honey
- Orange zest, to garnish

Pour the orange liqueur into a shot glass. Very slowly pour the chocolate liqueur down the side of the shot glass, then drizzle the honey over the top of the mixture. Garnish your glass with orange zest.

THE ASSOCIATED PRESS

DENTAL SURGEON'S FINANCIAL JOURNEY

YOU CAN RELY ON TEAM OF EXPERTS AT SCOTIBANK

CREATAS/THINKSTOCK

Joel Powell didn't set out to be a dentist, much less a highly qualified surgical specialist. Originally from New Glasgow, N.S., Powell studied computer science at Dalhousie University.

"When I was a kid, the idea of being a dentist seemed cool, but I didn't care too much for biology and chemistry," he says. "Math, physics and computers came much more easily to me, so that's what I studied initially."

Unable to shake his childhood fascination, Powell began to sit in and observe both his family dentist and dentistry students at Dalhousie. No longer able to resist the temptation, he enrolled into the dentistry program before he completed his undergraduate degree. For the next 13 years, he studied, trained, interned and served residencies at various institutions, including Johns Hopkins Hospital and Emory University in the United States, specializing in oral and maxillofacial surgery. He returned to Canada, though, when an opportunity to join an existing practice opened up.

The transition to business operator from medical trainee can be difficult. Powell, like most professionals moving into their first practice, had amassed significant debt. And while his potential earnings were significant, establishing a surgical practice typically involves an investment of at least several hundred thousand dollars.

"I have a great relationship with my bank," Powell says. "I was not that knowledgeable about financial matters, so I relied on a team of experts. I've been with Scotiabank since I was a kid and they've provided me with all the credit and banking-related advice I've needed over the years."

Powell joined an existing practice: Oral and Maxillofacial Surgery Consultants, a team of professionals with offices across Nova Scotia.

"I love my work," he says. "And while it's taken me much longer than others to make money rather than pile up debt, I wouldn't change a thing."

GET GROWING

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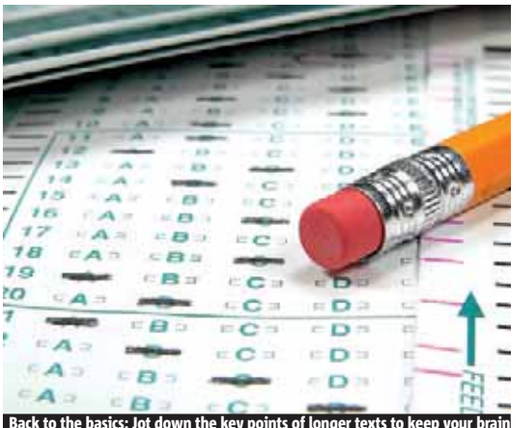
LEAH RUEHLICKE
TalentEgg.ca

Studying can be tough — especially if you have multiple tests, exams or midterms to study for at once.

It's easy to fall asleep with your textbook on your face, or focus more on perfecting that homemade apple crisp than perfecting your math formulas.

Everyone has their own best practices when it comes to studying, so we asked around to find some common strategies for success when it comes to burying yourself in your books.



Back to the basics: Jot down the key points of longer texts to keep your brain from going into overdrive. ISTOCK

Find your study spot

The first step to successful studying is finding a spot that is study-specific and has limited distractions. You might even want to disconnect your WiFi and put your phone on airplane mode for an hour or two. Crazy, I know, but it will help you stay focused.

Review the main concepts

Reading through your notes and refreshing your memory on major concepts will make filling in the details later on that much easier. There's no sense in memorizing the dates of John Cabot's discoveries if you can't even recall what he did.

Change up the lingo

Reviewing concepts by using everyday language ensures you understand it. Furthermore, doing this helps you remember things more easily.

For example, if your philosophy textbook reads, "Relativism is the concept that points of view have no absolute truth or validity, having only relative, subjective value according to differences in perception and consideration," an easier way of saying this might be "Relativism means that your point of view is only your personal perception, and has no absolute truth or validity."

Speak out loud

Calling Helgason, a second-year Biology student at Trent University, says when she doesn't understand a concept she reads it out loud. "Talking through my notes breaks down the concepts and makes it easier to understand," she says.

This was a personal strategy of mine as well. I would pretend I was explaining something to someone else and, in turn, ended up learning it myself — a tad embarrassing when the roommates walked in, but the good grades made up for my rosy cheeks.

That being said, be aware of your surroundings. This might not fly too well in the quiet section of the library, but on your porch it's A-OK.

Take breaks

Relax to retain

- You can't run on the treadmill for hours on end and your brain can't work out for that long either. It needs a break (Tetris, anyone?) as well as hydration (water, coffee and perhaps even an ice cream cone?).
- Allow your brain time to refresh and when you come back to the books, quickly recap what you learned before your break. This will make it stick even more.

Rewrite your notes

Sandy Silveira, a student in the early childhood education program at Ryerson University, says when she studies she likes to write things out as well as saying them because it helps her remember them better.

Julie Dang, a Mathematical Science student at Western University, echoes this idea by stating that her strategy is to flip back through her textbooks and focus on everything that she highlighted when she initially did her readings. Then she writes out all the terminology and various formulas. "I do study questions over and over and over again," Julie says.

"I review my notes, and then I do more questions. Constantly practicing the formulas is the best way to remember them."

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Student Voice

'My life has only just begun'

Jake Choi
Graduate
Bachelor of Arts in Economics/Business
University of Waterloo

TalentEgg.ca

I've completed four co-op work terms, including positions in financial analysis, project management, and real estate industries assessment. I've been applying to jobs on the University of Waterloo's campus recruitment website (JobMine) as well as reaching out to people that I know and applying online.

It has been very frustrating because I have not received any interviews using online applications, and received only a few using JobMine for graduate positions. Even so, I have a tough time beating the competition as most students are either better at interviews or have more relevant experiences.

I returned to one of the employers for my co-operative work term, but I'm planning to transfer into the industry that I want to be in which is banking and finance.

I've been discouraged so many times through countless rejection emails and I've lost hope.

But in the end, I realized that my life has only just begun! I don't expect this process to be easy to be resolved, I will be relentless until I find the dream job I desire.

I am actively seeking open job opportunities. At the same time, I am putting more effort into contacting previous managers to seek personal recommendations which will increase my chances.

Where I am now

I just finished up my bachelor's degree and returned to one of my previous employers. However, I'm planning to transfer into the financial industry because I'm interested in pursuing my CMA designation.

My advice for employers, career centres and schools

I feel so limited in terms of which positions I can apply for. Even if I apply for entry-level positions, some demand exceptional skill sets; however, if there was a room for potential candidates to be groomed, that would be even better and encourage for students like myself to apply more often.

My recommendations for students

Everyone is a bright minded individual, and I bet any one else is far smarter and more agile than me. I encourage you to keep applying and remember to use your work relationships to your advantage. I found that using networking skills is far more effective than randomly applying online.

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Quit coasting: Make a mark

Keep up the good work. Collecting As and Bs can result in rewards from unexpected places

JESS TAYLOR
TalentEgg.ca

After high school, most people are told it doesn't matter whether you get Cs or As in college or university, as long as you get that diploma or degree. However, while you're striving for that qualification, keeping your marks up can open more doors than you think.

During most of high school, I balanced work, a band and good grades, so I learned good study habits, which I brought with me to university.

Instead of partying, I would study. This might sound boring and not like the university life many people imagine, but I still had time for a social life as well. Every weekend I would go home from residence to play shows and chill with my band mates and boyfriend while at concerts. During the week, I saw my boyfriend usually for two days in a row. I just made sure I had time to do the work required to maintain my good grades.

During my second year of university, it was even more important for me to get good grades. I had my eye on the creative writing program at York, which required — along with an impressive portfolio of work — at least a B+ average, but mostly As if you wanted to ensure you were accepted. I was also striving to get scholarships.

I thought scholarships and getting into that program was all high marks were good for, but since then a couple of things have changed.

First, I decided I want to go to grad school after completing my undergrad. An MA or a PhD opens some doors in the job market, but even having an Honours BA, which requires a level of achievement in grades, may set me apart.

Then the emails started coming. Like most students, I thought the university didn't recognize me and the hard work I do, but I was wrong!

During the end of my second year, I was told about a special scholarship I could apply for, and more recently, I have been getting volunteer job offers from the university for mentoring new and returning students and leading orientations.

These positions take very little time and look great on your resumé whether your goal is grad school or an entry-level job.

To receive these offers I didn't need straight As, just a B+ average. I think this is obtainable for most students with good study habits.

So keep those marks up! You never know what opportunities they will give you.

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Make the grade: don't trade in that much-needed scholarship for a sloppy, sundown-to-sunrise social life. ISTOCK

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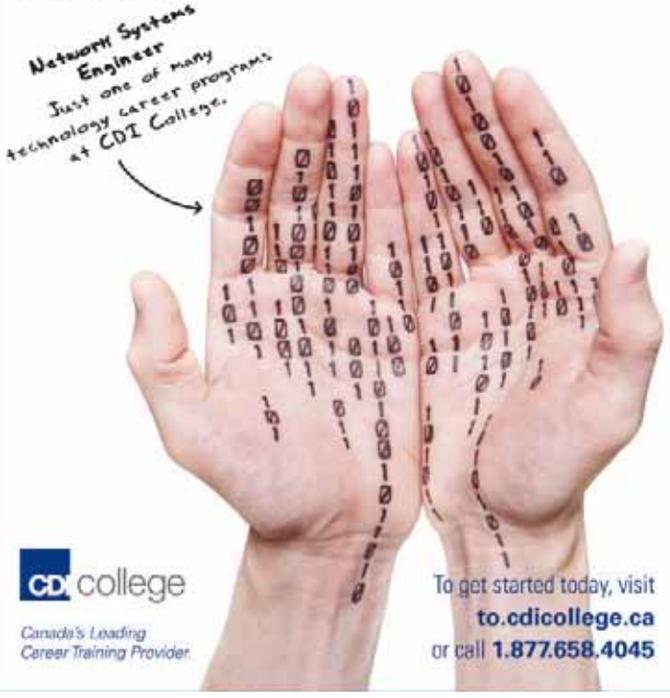

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Getting warmer: NHL budges on revenue

NHL commissioner Gary Bettman, right, leaves with assistant commissioner Bill Daly after collective bargaining talks on Tuesday in Toronto. The NHL has presented a new offer to the players. CHRIS YOUNG/THE CANADIAN PRESS

Let the serious negotiations begin.

After more than a month with no new offers being tabled in collective bargaining talks, the NHL breathed new life into the process Tuesday with a proposal that could kick-start some significant discussions.

It calls for a 50-50 split of revenues between owners and players and includes a deferred salary plan designed to ensure that players would receive all the money they've been promised in existing contracts. On top of that, the deal was drawn up with an eye to starting a full 82-game regular season Nov. 2.

"We have about nine or 10 days to get this all ... signed, sealed and delivered," said commissioner Gary Bettman, who called the proposed deal "long-term."

A lot will need to be accomplished over that period. However, the unexpected proposal offered fans the first real hint of hope since the lockout began Sept. 15.

Quoted

"I would like to believe that it will be an excellent starting point and we can go forward and see if there is a deal to be made."

Donald Fehr, the NHLPA's executive director, on the league's latest proposal

Donald Fehr, the NHLPA's executive director, spent Tuesday afternoon reviewing the lengthy document and held an evening conference call with about 60 players. His initial reaction to the offer was that it could provide something to work with.

It wasn't immediately clear how willing the league is to negotiate off its latest offer. The NHL's previous proposal called for the players' revenue share to fall to 47 per cent and tabled a number of restrictive rules governing contracts.

According to a source, the only one that remains in Tuesday's proposal is a maximum contract length of five years.

THE CANADIAN PRESS

Humbled before halftime

Soccer. Canadian men chased from World Cup qualifying in debacle in Honduras

World Cup qualifier

Honduras	Canada
8	1

Canada's World Cup dreams were snuffed out in brutal fashion Tuesday as Honduras put them to the sword 8-1 in a do-or-die qualifying match.

It's a bitter pill to swallow for a Canadian team that went into the match controlling its fate with an unswerving belief that it deserved to move on. That is until Tuesday, when the wheels came off the Canadian bus in a shocking display.

Canada entered the hostile confines of a soldout Estadio Olimpico Metropolitano in San Pedro Sula knowing that a tie or win would be enough to move on to the final round of qualifying in the CONCACAF region, which covers North and Central America and the Caribbean. The Hondurans, looking to please their fans on an extended national holiday, needed a win.

Asked if the moment had got to his team, Canadian coach Stephen Hart offered a one-word answer — "Yes."

"You're supposed to go down all guns blazing, you're supposed to fight," he added. "You're supposed to die out there.

"We were horrible.... It's disturbing to me that the team fell apart."

It was Canada's worst loss since an 8-0 drubbing in Mexico in 1993.

"We pretty much embarrassed ourselves," said midfielder Julian de Guzman.

"We were terrible.... It's an absolute low for us," added captain Kevin McKenna.

Honduras' speed and clinical finishing — combined with Canada's clown-like defending — ended the suspense early, racking up a 4-0 lead after just 32 minutes. It looked easy against a Canadian side that wasn't up to the challenge.

"We let in goals early and fell apart. Mentally and physically," said Hart.

Jerry Bengston and Carlo Costly each scored three goals for Honduras, while Mario Martinez added two of his own.

Substitute Iain Hume scored a consolation goal off a nice free kick in the 76th minute before Bengston restored the six-goal cushion six minutes later as the Canadian defence crumbled around him. Costly then scored on an 88th-minute header to complete the rout.

THE CANADIAN PRESS

Carlo Costly, centre, celebrates after scoring while Canadians David Edgar, left, and Nikolas Ledgerwood hang their heads on Tuesday in San Pedro Sula, Honduras. ESTEBAN FELIX/THE ASSOCIATED PRESS

Quoted

"I know they'll never forgive me but on behalf of the players, forgive them."

Head coach Stephen Hart's plea to soccer Canadian fans. With two years left on his contract, Hart said he has to consider his coaching future after Tuesday's crushing result.

4 SPORTS

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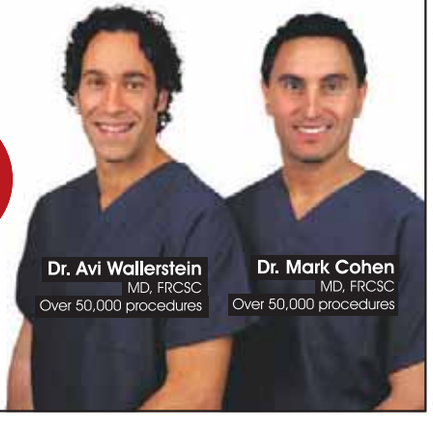

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Toronto Raptors guard John Lucas III talks with head coach Dwane Casey during an exhibition game on Oct. 8. TARA WALTON/TORSTAR NEWS SERVICE

Raptors guard gets to the point

NBA. Lucas is a coach's dream as he sifts through tones and words for the message

In this era of entitled athletes who are more than willing to whine to agents or friends about slights real and perceived, John Lucas III has a simple way to manage harsh words.

"I don't ever listen to the tone when somebody yells," Lucas said. "I just listen to what they're saying because you could be excited, upset, angry but at the end of the day, if you listen to the message, you know they're really trying to help you and not put you down."

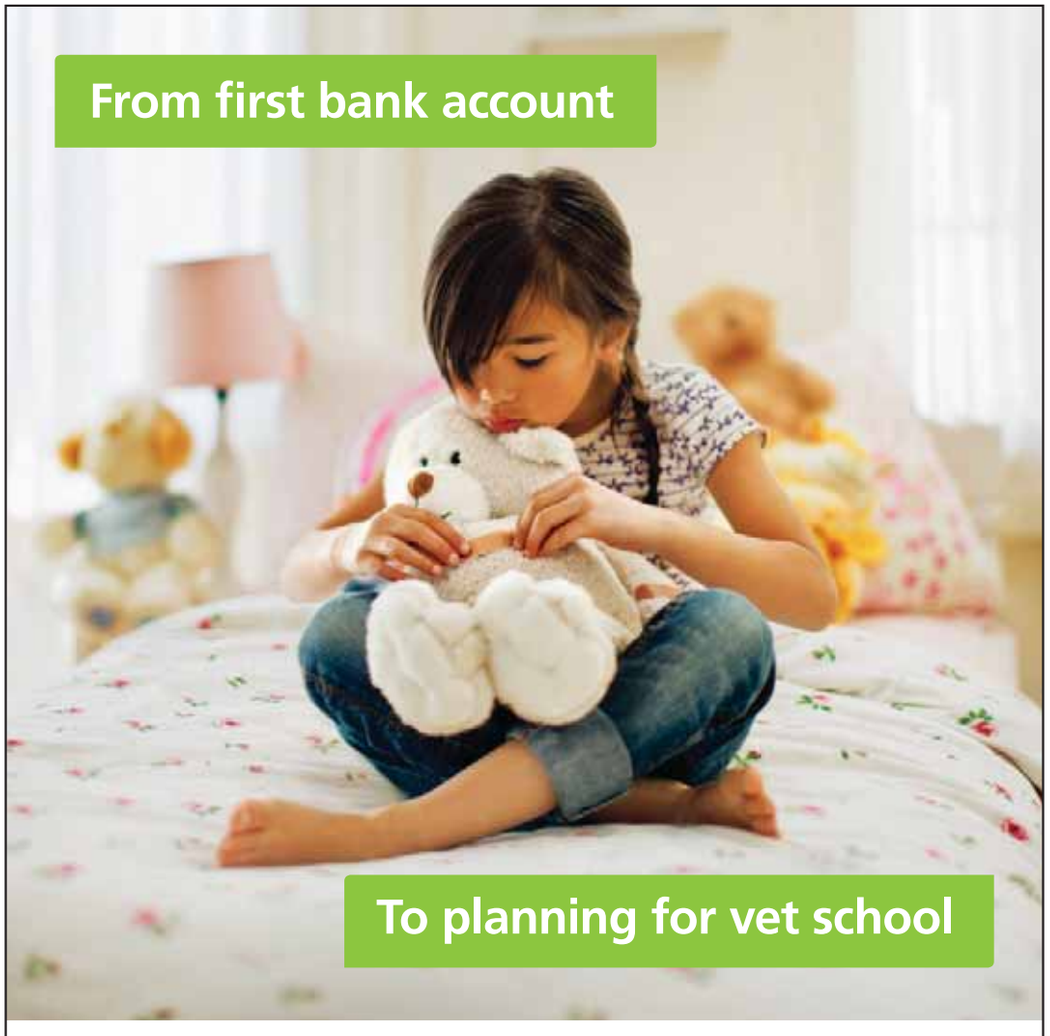
The 29-year-old Raptors point guard comes to that philosophy easily. It's been like that pretty much his whole life.

Lucas, one of the more refreshing members of this version of the Raptors for his candour, quotability and willingness to explain in detail what's going on, is well versed in the ways of difficult coaches who can really get on a player.

"I played for some of the toughest coaches, (Oklahoma State's iconic) Eddie Sutton, my father (the original John Lucas, a longtime coach and former player), Dave Bliss (another NCAA legend).... I never take anything as criticism," he said. "I take it because I feel like they're helping me, it's nothing negative, putting me down. It's something that's going to help me become a better individual, better team player. Whatever Coach says to me, I take it in and I respond to it."

Lucas's willingness to accept coaching is refreshing to Toronto coach Dwane Casey. It allows Casey to make points, sometimes forcefully, knowing there'll be no repercussions.

TORSTAR NEWS SERVICE



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NBA. Heat jet-lagged from trip to China

LeBron James was awake at 3:45 a.m. Dwyane Wade's dogs were unhappily roused from slumber at 4 a.m. by their bleary-eyed owner. Udonis Haslem was responding to text messages at 5 a.m., which classifies as a rarity.

To a man, the Miami Heat raved about their trip to China.

Recovering from their trip to China, well, that's apparently another matter entirely.

After flying roughly 17,000 miles, playing three games in eight days starting with the pre-season opener in Atlanta, holding practices and participating in more events than could be squeezed onto a double-sided itinerary, the Heat — with many players acknowledging sleep deprivation — went back to work on Tuesday, trying to get back into some semblance of a normal routine.

"Tuesday, right? Had to think about it though," James said. "I got up this morning about 3:45. Been up since. So, it is what it is. I'm not back just yet."

But he's trying, as was everyone else.

"It's crazy that we're back already," Wade said.

James was the last player in the gym Tuesday afternoon, taking dozens of jumpers — he'd receive a pass, take a jab step, ball-fake, then shoot, over and over again — as Heat coach Erik Spoelstra and two assistants watched quietly from afar. "Short," James yelled at no one in particular after one jumper from the right wing, and the NBA's reigning MVP looked mildly surprised when that shot dropped with a swish.

"Ni hao," Spoelstra said after practice, using the Chinese phrase for "hello." "It's good to be back in our gym. We didn't waste any time getting back to work. The trip was a great trip from a lot of different levels, but there's nothing like coming back in your practice gym, putting the pads up, mouthguards in and getting after it. That's what we did today."

THE ASSOCIATED PRESS

Fans hold up cutouts of Dwyane Wade of the Miami Heat during an NBA pre-season game in Shanghai, China, on Sunday.

KIN CHEUNG/THE ASSOCIATED PRESS

NFL

Bills add linemen to practice squad

The Buffalo Bills have re-signed defensive tackle Jay Ross and offensive lineman David Snow to their practice squad.

The moves, made Tuesday, came a day after both players had been released to make room for Buffalo to sign defensive end Shawne Merriman and safety Delano Howell. Ross and Snow had been promoted to the team's active roster as injury replacements the week prior. THE ASSOCIATED PRESS

NFL

Holmgren ousted as Browns prez

Mike Holmgren won't be finishing the job he went to do in Cleveland.

New Cleveland Browns owner Jimmy Haslam III said Tuesday that Holmgren was out as team president, although the Super Bowl-winning coach will remain with the franchise to help in the transition.

Haslam was introduced as the Browns' new boss after his $1-billion purchase of the team.

THE ASSOCIATED PRESS

MAJOR LEAGUE BASEBALL

LEAGUE CHAMPIONSHIP SERIES

(BEST-OF-7)

AMERICAN LEAGUE

DETROIT VS N.Y. YANKEES

(Detroit leads series 2-0)

Tuesday's result
N.Y. Yankees at Detroit
Sunday's result
Detroit 3 N.Y. Yankees 0
Saturday's result
Detroit 6 N.Y. Yankees 4 (12 innings)
Wednesday's game
N.Y. Yankees (Sabathia 15-6) at Detroit (Scherzer 16-7), 8:07 p.m.
Thursday's game
x-N.Y. Yankees (Pettitte 5-4) at Detroit (Fister 10-10), 4:07 p.m.
Saturday's game
x-Detroit (Sanchez 4-6) at N.Y. Yankees (Kuroda 16-11), 8:07 p.m.
Sunday's game
x-Detroit (Verlander 17-8) at N.Y. Yankees (Sabathia 15-6), 8:07 p.m.

NATIONAL LEAGUE

ST. LOUIS VS SAN FRANCISCO

(Series tied 1-1)

Monday's result
San Francisco 7 St. Louis 1
Sunday's result
St. Louis 6 San Francisco 4
Wednesday's game
San Francisco (Cain 16-5) at St. Louis (Lohse 16-3), 4:07 p.m.
Thursday's game
San Francisco (Zito 15-8) at St. Louis (Wainwright 14-13), 8:07 p.m.
Friday's game
San Francisco (Bumgarner 16-11) at St. Louis (Lynn 18-7), 8:07 p.m.
Sunday's game
x-St. Louis (Carpenter 0-2) at San Francisco (Vogelsong 14-9), 4:37 p.m.
Monday, October 22
x-St. Louis (Lohse 16-3) at San Francisco (Cain 16-5), 8:07 p.m.
x — played only if necessary.

AHL

Tuesday's result
Binghamton 3 Rochester 1
Monday's results
No Games Scheduled.
Wednesday's game — All Times Eastern
Peoria at Chicago, 8 p.m.
Thursday's games
No Games Scheduled.
Friday's games
Adirondack at St. John's, 6 p.m.
Syracuse at Albany, 7 p.m.
Providence at Manchester, 7 p.m.
Worcester vs. Portland (at Lewiston, Maine), 7 p.m.
Wilkes-Barre/Scranton at Springfield, 7 p.m.
Hershey at Binghamton, 7:05 p.m.
Grand Rapids at Rochester, 7:05 p.m.
Toronto at Hamilton, 7:30 p.m.
Connecticut at Norfolk, 7:30 p.m.
Charlotte at Milwaukee, 8 p.m.
San Antonio at Oklahoma City, 8 p.m.
Texas at Houston, 8:05 p.m.
Rockford at Peoria, 8:05 p.m.
Chicago at Abbotsford, 10 p.m.

LATE MONDAY

GIANTS 7, CARDINALS 1

St. Louis	ab	r	h	bi	San Francisco	ab	r	h	bi
Jay cf	4	0	0	0	Pagan cf	4	2	2	1
Beltran rf	3	0	2	0	Scutaro 2b	3	0	2	2
Holliday lf	4	0	1	0	Theriot 2b	2	0	1	2
Craig 1b	3	0	0	0	Sandoval 3b	5	0	1	0
Molina c	4	0	1	0	Posey c	5	0	1	0
Freese 3b	4	0	0	0	Pence rf	3	0	0	0
Descalso 2b	4	0	0	0	Belt 1b	4	1	2	0
Kozma ss	3	1	0	0	Blanco lf	3	2	1	0
Schumaker ph	1	0	0	0	Crawford ss	4	1	0	1
Chambers ph	1	0	0	0	Huff ph	1	1	1	0
Totals	**31**	**1**	**4**	**0**	**Totals**	**34**	**7**	**11**	**6**

St. Louis								010	000	000 —1
San Francisco								100	400	02x —7

E—Carpenter, Holliday. LOB—St. Louis 7, San Francisco 9. 2B—Beltran 2 (2), Carpenter (1), Belt (1), Vogelsong (1). HR—Pagan (1). S—Vogelsong.

St. Louis	IP	H	R	ER	BB	SO
Carpenter L, 0-1	4	6	5	2	2	1
Kelly	1	2	0	0	0	0
Salas	1	1	0	0	0	1
Miller	1 1-3	3	2	2	1	2
Rzepczynski	2-3	0	0	0	0	1
San Francisco						
Vogelsong W, 1-0	7	4	1	1	2	4
Affeldt	1	0	0	0	0	0
Romo	1	1	0	0	0	1

HBP — Craig.
Umpires — Home, Chris Guccione; First, Bill Miller; Second, Greg Gibson; Third, Ted Barrett. **T** — 3:10. **A** — 42,679 (41,915) at San Francisco, Calif.

NBA

PRE-SEASON

Tuesday's results
Brooklyn 97 Boston 98
Detroit 112 Orlando 86
Indiana 102 Atlanta 98
Milwaukee at Chicago
Charlotte at Oklahoma City
Maccabi Haifa (Israel) at Minnesota
At Anaheim, Calif.
Utah vs. L.A. Lakers
Monday's results
Brooklyn 98 Washington 88
Dallas 123 Houston 104
Denver 104 Golden State 98
Philadelphia 107 Boston 75
Sacramento 117 Portland 100
At Cincinnati
Cleveland 114 Orlando 111 (OT)
Wednesday's games — All Times Eastern
Washington at Toronto, 7 p.m.
Cleveland at Philadelphia, 7 p.m.
Memphis at Houston, 8 p.m.
Phoenix at Dallas, 8:30 p.m.
Golden State at Sacramento, 10 p.m.
Denver at Portland, 10 p.m.
Utah at L.A. Clippers, 10:30 p.m.
Thursday's games
New Orleans at Atlanta, 7:30 p.m.
Detroit at Miami, 7:30 p.m.
Memphis vs. Milwaukee (at La Crosse, Wisc.), 8 p.m.
Boston at Brooklyn, 8 p.m.
Friday's games
New York vs. Toronto (at Montreal), 7 p.m.
Indiana at Orlando, 7 p.m.
Philadelphia at Brooklyn, 7:30 p.m.
Minnesota at Chicago, 8 p.m.
Phoenix vs. Oklahoma City (at Tulsa, Okla.), 8 p.m.
Sacramento vs. L.A. Lakers (at Las Vegas), 10 p.m.
Golden State at Portland, 10 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	W	L	T	Pts	GF	GA
x-Kansas City	17	7	8	59	40	26
x-Chicago	17	10	5	56	45	39
D.C.	16	10	6	54	49	40
New York	15	9	8	53	54	46
Houston	13	8	11	50	45	38
Columbus	14	11	7	49	40	40
Montreal	12	15	5	41	45	50
Philadelphia	10	15	6	36	35	37
New England	7	17	8	29	37	44
Toronto	5	20	7	22	35	60

WESTERN CONFERENCE

	W	L	T	Pts	GF	GA
x-San Jose	19	6	7	64	69	40
x-Real Salt Lake	17	11	4	55	46	35
x-Seattle	14	7	10	52	48	31
x-Los Angeles	15	12	5	50	56	45
Vancouver	11	12	9	42	35	40
FC Dallas	9	12	11	38	39	42
Colorado	9	19	4	31	40	50
Portland	7	16	9	30	32	55
Chivas USA	7	17	8	29	22	54

x — clinched playoff berth.
Wednesday's game — All Times Eastern
Real Salt Lake at Seattle, 11 p.m.
Saturday's games
Montreal at Toronto, 1:30 p.m.
Kansas City at New York, 7 p.m.
Columbus at D.C., 7:30 p.m.
Chicago at New England, 7:30 p.m.
Philadelphia at Houston, 7:30 p.m.
Colorado at Chivas USA, 10:30 p.m.
Sunday's games
Portland at Vancouver, 7 p.m.
Los Angeles at San Jose, 7 p.m.
Dallas at Seattle, 9 p.m.

2014 WORLD CUP QUALIFYING

NORTH, CENTRAL AND CARIBBEAN ZONE

x — clinched berth in regional final

GROUP A

	GP	W	D	L	GF	GA	Pt
x-U.S.	6	4	1	1	11	6	13
x-Jamaica	6	3	1	2	9	6	10
Guatemala	6	3	1	2	9	8	10
Antigua	6	0	1	5	4	13	1

Tuesday's results
At Kingston, Jamaica
Jamaica 4 Antigua 1
At Kansas City, Kan.
U.S. 3 Guatemala 1

GROUP B

	GP	W	D	L	GF	GA	Pt
x-Mexico	5	5	0	0	13	2	15
Costa Rica	5	2	1	2	7	5	7
El Salvador	5	1	2	2	8	9	5
Guyana	5	0	1	4	5	17	1

Tuesday's results
At San Jose, Costa Rica
Guyana at Costa Rica
At Torreon, Mexico
El Salvador at Mexico

GROUP C

	GP	W	D	L	GF	GA	Pt
x-Honduras	6	3	2	1	12	3	11
x-Panama	6	3	2	1	6	2	11
Canada	**6**	**3**	**1**	**2**	**6**	**10**	**10**
Cuba	6	0	1	5	1	10	1

Tuesday's results
At San Pedro Sula, Honduras
Honduras 8 **Canada 1**
At Havana
Panama 1 Cuba 1

EUROPE

GROUP A
Belgium 2 Scotland 0
Croatia 2 Wales 0
Macedonia 1 Serbia 0
GROUP B
Czech Republic 0 Bulgaria 0
Italy 3 Denmark 1
GROUP C
Austria 4 Kazakhstan 0
Faeroe Islands 1 Ireland 4
Germany 4 Sweden 4
GROUP D
Andorra 0 Estonia 1
Hungary 3 Turkey 1
Romania 1 Netherlands 4
GROUP E
Albania 1 Slovenia 0
Cyprus 1 Norway 3
Iceland 0 Switzerland 2
GROUP F
Israel 3 Luxembourg 0
Portugal 1 Northern Ireland 1
Russia 1 Azerbaijan 0
GROUP G
Bosnia-Herzegovina 3 Lithuania 0
Latvia 2 Liechtenstein 0
Slovakia 0 Greece 1
GROUP H
Poland vs. England (ppd., wet grounds)
San Marino 0 Moldova 2
Ukraine 0 Montenegro 1
GROUP I
Belarus 2 Georgia 0
Spain 1 France 1

ASIA

Final Round
GROUP A
Iran 1 South Korea 0
Qatar 0 Uzbekistan 1
GROUP B
Iraq 1 Australia 2
Oman 2 Jordan 1

OCEANIA

Final Round
New Caledonia 5 Solomon Islands 0
New Zealand 3 Tahiti 0

SOUTH AMERICA

Bolivia 4 Uruguay 1
Paraguay 1 Peru 0
Venezuela 1 Ecuador 1
Chile vs. Argentina

TRANSACTIONS

NBA

DALLAS MAVERICKS — Suspended G Delonte West for conduct detrimental to the team.

NFL

ARIZONA CARDINALS — Released WR Gerell Robinson.
BALTIMORE RAVENS — Placed CB Lardarius Webb on injured reserve. Signed RB Bobby Rainey from the practice squad.
PHILADELPHIA EAGLES — Fired defensive coordinator Juan Castillo. Promoted secondary coach Todd Bowles to defensive coordinator.
PITTSBURGH STEELERS — Suspended NT Alameda Ta'amu two games for conduct detrimental to the team.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	3	3	0	.500	188	137
N.Y. Jets	3	3	0	.500	133	141
Miami	3	3	0	.500	120	117
Buffalo	3	3	0	.500	137	192

SOUTH

	W	L	T	Pct	PF	PA
Houston	5	1	0	.833	173	115
Indianapolis	2	3	0	.400	100	145
Tennessee	2	4	0	.333	114	204
Jacksonville	1	4	0	.200	65	138

NORTH

	W	L	T	Pct	PF	PA
Baltimore	5	1	0	.833	161	118
Cincinnati	3	3	0	.500	149	163
Pittsburgh	2	3	0	.400	116	115
Cleveland	1	5	0	.167	134	163

WEST

	W	L	T	Pct	PF	PA
Denver	3	3	0	.500	170	138
San Diego	3	3	0	.500	148	137
Oakland	1	4	0	.200	87	148
Kansas City	1	5	0	.167	104	183

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	4	2	0	.667	178	114
Philadelphia	3	3	0	.500	103	125
Washington	3	3	0	.500	178	173
Dallas	2	3	0	.400	94	119

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	6	0	0	1.000	171	113
Tampa Bay	2	3	0	.400	120	101
Carolina	1	4	0	.200	92	125
New Orleans	1	4	0	.200	141	154

NORTH

	W	L	T	Pct	PF	PA
Chicago	4	1	0	.800	149	71
Minnesota	4	2	0	.667	146	117
Green Bay	3	3	0	.500	154	135
Detroit	2	3	0	.400	126	137

WEST

	W	L	T	Pct	PF	PA
Arizona	4	2	0	.667	110	97
San Francisco	4	2	0	.667	152	94
Seattle	4	2	0	.667	110	93
St. Louis	3	3	0	.500	110	111

WEEK SIX

Monday's result
Denver 35 San Diego 24
Sunday's results
Miami 17 St. Louis 14
Baltimore 31 Dallas 29
Atlanta 23 Oakland 20
Tampa Bay 38 Kansas City 10
N.Y. Jets 35 Indianapolis 9
Detroit 26 Philadelphia 23
Cleveland 34 Cincinnati 24
Seattle 24 New England 23
Buffalo 19 Arizona 16
Washington 38 Minnesota 26
N.Y. Giants 26 San Francisco 3
Green Bay 42 Houston 24
Thursday, October 11
Tennessee 26 Pittsburgh 23

WEEK SEVEN

Thursday's game
All Times Eastern
Seattle at San Francisco, 8:20 p.m.
Sunday's games
Tennessee at Buffalo, 1 p.m.
Baltimore at Houston, 1 p.m.
Cleveland at Indianapolis, 1 p.m.
Arizona at Minnesota, 1 p.m.
Dallas at Carolina, 1 p.m.
Green Bay at St. Louis, 1 p.m.
Washington at N.Y. Giants, 1 p.m.
New Orleans at Tampa Bay, 1 p.m.
Jacksonville at Oakland, 4:25 p.m.
N.Y. Jets at New England, 4:25 p.m.
Pittsburgh at Cincinnati, 8:20 p.m.
Monday, October 22
Detroit at Chicago, 8:30 p.m.

TENNIS

ATP-WTA KREMLIN CUP

At Moscow
MEN
Singles — First Round
Alex Bogomolov, Jr., Russia, def. Nikolay Davydenko (5), Russia, 7-5, 6-4.
Carlos Berlocq (7), Argentina, def. Andrey Kuznetsov, Russia, 1-6, 6-4, 6-3.
WOMEN
Singles — First Round
Dominika Cibulkova (5), Slovakia, def. Ekaterina Makarova, Russia, 2-6, 6-4, 6-2.
Simona Halep, Romania, def. Nadia Petrova (6), Russia, 3-6, 7-5, 7-5.
Tsvetana Pironkova, Bulgaria, def. Varvara Lepchenko, U.S., 6-0, 7-6 (3).
Vesna Dolonc, Serbia, def. Galina Voskoboeva, Kazakhstan, 1-6, 6-1, 6-4.

ATP ERSTE BANK OPEN

At Vienna, Austria
Singles — First Round
Paolo Lorenzi, Italy, def. Benoit Paire (7), France, 6-4, 6-4.
Grega Zemlja, Slovenia, def. Xavier Malisse (8), Belgium, 4-6, 6-1, 7-6 (6).
Vasek Pospisil, Vancouver, def. Andreas Haider-Maurer, Austria, 3-6, 7-6 (3), 6-1.

CFL

WEEK 16

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	15	9	6	0	406	417	18
Toronto	15	7	8	0	339	381	14
Hamilton	15	5	10	0	438	481	10
Winnipeg	15	4	11	0	295	460	8

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
B.C.	15	11	4	0	402	288	22
Calgary	15	9	6	0	430	350	18
Saskatchewan	15	8	7	0	397	327	16
Edmonton	15	7	8	0	351	354	14

Saturday's results
Calgary 32 Winnipeg 21
Edmonton 37 Saskatchewan 20
Sunday's result
Montreal 24 Toronto 12
WEEK 17
Friday's games — All Times Eastern
Winnipeg at Toronto, 7 p.m.
Edmonton at B.C., 10 p.m.
Saturday's games
Montreal at Saskatchewan, 3:30 p.m.
Hamilton at Calgary, 7 p.m.

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Titanium model shown

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Limited time offer, see dealer for details or call the Ford Customer Relationship Centre at 1-800-565-3673. *** Receive a winter safety package which includes: four (4) winter tires, four (4) steel rims (2012 Escape receives alloy wheels), and four (4) tire pressure monitoring sensors when you purchase or lease any new 2012/2013 Ford Fiesta, Focus (excluding ST), Escape (excluding FWD 1.6L EcoBoost), Edge (excluding Sport) or Explorer and not before Nov. 30/12. Customers choosing to opt out of the winter safety package will qualify for $750 in customer cash. This offer is not applicable to any Fiesta other than small beetles with an engine code of "J" (1.6L Ti-VCT engine), Focus with an engine code of "M" (2.0L Duratec engine), Escape with an engine code of "1" (2.0L EcoBoost engine) or "2" (1.6L EcoBoost engine), Edge with an engine code of "1" (3.5L Duratec engine) or "2" (2.0L EcoBoost engine), Explorer with an engine code of "1" (3.5L Duratec engine) or "2" (2.0L EcoBoost engine) and Transit Connect. Some restrictions may apply. See dealer for details. ‡ Lease for $168 bi-weekly (approx. $364 monthly) for 48 months with $1,999 down payment. Offer includes $750 Winter Safety Package Cash Alternative. Lease based on a new 2013 Fiesta SE Hatchback (excluding ST) with an MSRP of $16,999. Lease rate is 0% APR. Lease offer includes freight, air tax, PPSA, Stewardship Ontario Environmental Fee but excludes administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. 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Let the Elantra excite you

ALL PHOTOS WHEELBASE

2013 Hyundai Elantra GT

- **Type.** Four door, front wheel drive, compact hatchback.
- **Engine (hp).** 1.8-litre DOHC I4 (148).
- **Transmissions.** Six-speed manual, six-speed automatic (optional).
- **Base Price (incl. destination).** $20,650

The standard - and only - engine is a 148-horsepower 1.8-litre four-cylinder.

Transmission

The GT as well as the rest of the Elantra trio, operates with a 1.8-litre four-cylinder engine that produces 148 horsepower and 131 pound-feet of torque. The peppy mill is rated at 7.2 l/100 km in the city and 4.9 highway when connected to a six-speed manual transmission, and 7.3/5.0 with optional six-speed automatic.

Styling

An added bonus is the GT's slippery-shaped design that rivals the Coupe's, although all three Elantras are handsome rigs in their own way. The GT's Hyundai Veloster-style open-mouth grille/air intake resembles the Coupe's, with both body styles eschewing the sedan's more conservative schnoz.

Fuel economy

Hyundai claims the GT possesses about a 720-kilometre maximum range, which is as much a function of gas-tank size as it is fuel economy. It also doesn't hurt that, at a relatively light 1,265 kilograms, the GT is 70-90 kilograms lighter than its primary rivals.

Review. New GT isn't as big as the Touring but it speaks our kind of language: design language

MALCOLM GUNN
Wheelbase Media

If a hatchback is on your radar, the Hyundai Elantra GT with its "Fluidic Sculpture" design language might prove to be the right thirst-quencher.

In a world gone mad for small, fuel-efficient cars – not surprising given today's pump prices – Hyundai's compact line-up attempts to cover the bases. If your search involves acquiring a vehicle with purposeful practicality, the new Elantra GT might fill the bill just as easily as you can fill its flexible-stowage area.

The GT fills the void left by the departing Elantra Touring model, but not in the most direct way. Although neatly styled, the Touring was first and foremost a wagon, while the more rounded GT is definitely hatchback-oriented. Yes, the lines between hatch and wagon tend to get a bit fuzzy, but with about an 18-centimetre deficit in overall length and 20 per cent less total cargo space the GT qualifies as a hatchback.

In back, a 60:40 split rear bench folds relatively flat. By Hyundai's slide rule, the GT has more cargo and passenger room than several of its peers, including the Golf, Ford Focus and Mazda3 hatches.

For serious drivers, the GT's firm suspension with stiffer springs, shocks and stabilizer bars is definitely appreciated.

Then there's the accessory packages if your pockets are deeper that bundle a panoramic sunroof, rear-view camera leather seats and other trinkets. Selecting a hatchback and sprinkling it with some performance-like attitude seems like a tempting way to go about your business and that applies to the Elantra GT, which also thumbs its nose at gas pumps while toting life's treasures, human and otherwise.

Hyundai has become as proficient at tidy interior design as it has at the outside details.

It's shorter than the Elantra Touring it replaces, but with this kind of high style it's unlikely that anyone will miss the space.

By comparison

1 Kia Forte5
Base Price: $18,300

2 Volkswagen Golf
Base Price: $21,400

3 Ford Focus hatchback
Base Price: $21,150

DRIVE

Taking the test: Honda offers up some real-world hybrid Insight

AutoKnow. Today's crossbreeds appear good on paper, but how do they handle the open road?

JOE KNYCHA
Wheelbase Media

It's widely known that hybrid vehicles shine brightest in high-density stop-and-go traffic, achieving in the process low fuel consumption and ultra-low greenhouse-gas emissions. That's because the built-in electric motor helps the gas engine get the car rolling.

But how are they on the open road? More to the point, how do they fare in wide-ranging road traffic? Can they cover great distances in comfort yet deliver a decent ride without working their little hybrid hearts into a state of mechanical coronary?

In an attempt to answer the bigger questions of the universe, Honda surrendered a new-generation Insight hybrid for an outing through the rugged Precambrian shield running alongside Lake Superior, which borders Michigan. The average speed was about 100 km-h over 10 hours with frequent scenic stops along the way; the road climbs and drops majestically, all the while snaking along Superior's craggy shores.

Spirited driving isn't the point of the Insight and so, responsibly, we steadfastly minded speed limits and drove in as smooth a manner as possible with lightly applied throttle inputs to probe its higher-speed fuel economy. The gasoline/electric drive system, though able to deliver near-brisk performance if required, is in its element when the driver strives for economy and smoothness.

The Insight actually assists in this effort through in-dash displays that show: fuel consumption; when it's running on gas, electric or both; and when the on-board batteries are being re-charged, capturing the Insight's rolling (kinetic) energy through "regenerative" braking, and when decelerating.

Another readout displays a five-branch tree that rates the green-ness of the drive: the branches disappear or come back based on how aggressively the throttle is used. Push a little harder and the light that bathes the instrument panel blends to blue from green, returning to green when pressure eases. It's subtle and quietly keeps one mindful.

The 1.3-litre (that's just 79.3 cubic inches) four-cylinder gas engine has a single overhead camshaft, two valves per cylinder and variable valve timing. Driving the front wheels, it's small by conventional reckoning, but mated to Honda's fifth-generation Integrated Motor Assist (IMA) hybrid system, it carries the freight, operating quietly, seamlessly and effortlessly.

Sitting silently at the stoplights with the gas engine automatically shut down, you wouldn't think the Insight would win any drag races, but it does acquit itself well against other vehicles in its class. Acceleration can approach brisk when the throttle is pressed deep into the pile carpet mats, useful for passing maneuvers and when accelerating onto fast-moving freeways, but not so much for extending fuel economy.

Weight is typically the enemy of fuel economy, so it's with some irony that the IMA adds almost 25 kilograms over a comparably equipped Civic, yet gives superior fuel economy, which speaks well of the system's efficiency. Throughout the drive, fuel economy hovered mostly around the 5.0-l/100-km mark. After a while, it becomes almost obsessive to see how low you can drive the consumption, and for how long at a time.

The interior accommodates four average-sized adults. The front bucket seats are firm and began to feel that way after several hours. The dash and controls are well placed and functional though overhead glare on the spade-shaped cover at the top of the instrument panel was visible several times throughout the drive. The thick rear pillars that taper back to the tidy aerodynamic rear end make backing up an exercise in neck-craning, and the view through the rear-view mirror is restricted.

With the back seats folded flat, the seemingly small hatchback swallows a surprising amount of cargo, an essential quality for out-of-city driving. With the rear doors open and the hatch lid raised, loading large and bulky items is easy.

When the first-generation Insight beat all other hybrid-powered vehicles to market more than a decade ago, it launched a terrific idea, but in a body style that while looking sleek and futuristic, didn't exactly set the world ablaze. As two-seater coupe, it had limited cargo space and didn't fit many lifestyles.

Starting at about $22,000, the Insight offers all the functionality and then some of a compact sedan and depending on the view, in a somewhat futuristic design. The front disc/rear drum brakes are also unlike the original Insight's in that they have excellent pedal feel and are very easily modulated.

And to answer the obvious question many will ask: over the entire 800 kilometres, not once did a string of cars pile up behind us waiting to pass.

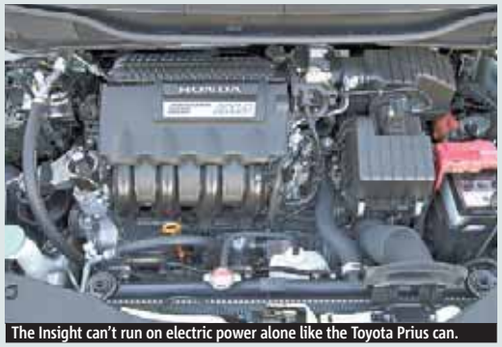
The Insight looks like a normal compact car because it is, and then some. It just adds an electric helper motor to assist accelerating the vehicle. ALL IMAGES WHEELBASE

As you can see, the current Insight has tons of room in the back.

The dash encourages conservation over a lead foot.

Under the hood

Burning regular gas, the engine rates at 88 (hp) at 5,800 rpm, with torque at 123 pound-feet at 4,500 rpm. When engaged, the IMA adds up to 13 more horses at 1,500 rpm and a further 58 pound-feet of torque to the mix. Unlike the Toyota Prius, the Insight fails to operate on electric power alone. When accelerating, the gas engine is always running, given a boost by the IMA.



The Insight can't run on electric power alone like the Toyota Prius can.

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Searching for second-hand gold? Choose your Quest wisely

Second Gear. 2004 to 2009 Quest minivan

For the 2004 model year, the Quest minivan hit the market with dual sliding doors, generous cargo capacities, and an even more unique, distinctive design than its predecessor.

Features included tire pressure monitoring, alloy wheels, power heated leather seats, a power tailgate, sunroof, heated mirrors, Bose audio, a self-dimming rearview mirror, power accessories, power-adjustable pedals and more.

ALL PHOTOS HANDOUT

Common Issues

Listen to the engine idle, after confirming its oil level and condition are satisfactory. Rattling sounds at idle or lower revs may be indicative of a timing-chain problem that's expensive to fix. This seemed to affect 2004 models, mostly.

Timing chains generally don't require maintenance as long as oil change schedules are strictly adhered to. Be sure that's been the case for the Quest you're considering. Some owners have reported premature wear of consumable parts, like brakes, so note that a 'shimmying' sensation in the front end during braking indicates a brake job is likely in your Quest's future. Power tailgate and power sliding door mechanism failure may be other issues, alongside a water-leak that could be seen by moisture in the headliner.

What Owners Like

Typically, Quest's styling, unique design, sky-view roof system and upscale interior looks are highly rated by owners. Spaciousness, handling and overall comfort are also mentioned.

What Owners Dislike

Owner complaints deal with flimsy interior trim, poorly thought-out cupholder layout, limited third-row space and poorer-than-expected mileage.

Engine

All models come equipped with a 3.5 litre V6 with 240 horsepower driving the front wheels through an automatic transmission.

Verdict

To maximize the likelihood of reliable long-term operation, skip used Quest models with the sunroof, power sliding doors and power tailgate where possible.

A peek inside the Quest

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Cars that will be catching the eye in 2014

Let the battle begin.
Fuel efficiency and technology will be the focus as automakers square off with their new, improved designs

TODD BURLAGE
Wheelbase Media

The Porsche 918 will be a halo model for the brand and it also happens to be a hybrid. ALL PHOTOS WHEELBASE

The Ford Evo's concept points the way toward a new Mustang

The Jaguar F-Type

At the same time the curtain is rising on a tech-savvy and unpredictable 2013 new-car market, automakers are continuing to leak some sneak peaks into what we can expect when the 2014 turf war begins a year from now.

The popular design trends for the 2014 models won't be drastically different from what manufacturers rolled into showrooms for 2013, but with dozens of all-new 2014 entries on the way from Acura, Chevrolet, Cadillac, Mercedes-Benz, Porsche, Volkswagen and others — along with some edgy redesigns and updates coming from many other top automakers — 2014 should again be a competitive year in an improving North American market. Not unlike the 2013 battle plan for most manufacturers, fuel efficiency, technology and sleek styling will highlight the race for 2014 sales supremacy.

Volatile gas prices, eco-consciousness and looming minimum fuel-economy standards from the U.S. government will keep efficiency technology as the top priority for buyers and builders in 2014. Legislation was signed in the U.S. in August that requires automakers to meet a fuel efficiency standard of 35.5 mpg (6.6 l/100 km) by 2016 for its cars and light trucks. Of course the affect will be felt here in Canada.

"Fuel mileage is a full consideration point for most car buyers in most segments," said Chris Woodyard, automotive news analyst for daily newspaper USA Today. "All the manufacturers are trying to reach those new standards the fastest." Efficiency initiatives have certainly kept engineers busy with their 2014 designs.

A growing emphasis on the gas/electric hybrid and plug-in hybrid markets will be worth watching as competition grows with every model year. Even Porsche is introducing the 918 Spyder plug-in, trying to invade this market with its pricey — as in $850,000 — high-performance entry. The BMW 1-Series Compact, the Mazda 6 and the Infiniti Compact are three examples of manufacturers thinking smaller and lighter in 2014, building with more aluminum to improve fuel mileage through lighter vehicles.

Other popular models such as the Nissan Sentra and Ford Mustang will offer a smaller engine option as another choice for better fuel efficiency. Vehicles equipped with the popular turbochargers and gasoline direct injection fuel systems (the 2014 Chevrolet Corvette, for one) will also be prominent in showrooms.

"And while gas prices have been jumping around, I think auto buyers have become conditioned to think that $5 (per gallon) gas is not an impossibility," Woodyard said. "And if you're an automaker, you are desperately trying to find a way to respond to that."

In fact, prices in California really shot past $5 a U.S. gallon while many Canadians have seen $1.40 a litre and higher. So while going farther on less gas will continue to be the primary battle focus, there will be other focuses. "No doubt, technology is really where the action is," Woodyard said. "With the rise of the 'Gen X' generation and the 'Gen Y' generation, they don't care that much about cars, but they care a lot about cell phones and cell-phone technology, so automakers are forced to try and emulate that, try to pick up on that theme."

And the manufacturers are sparing no means to that end, installing all the gadgetry a vehicle can offer, while keeping an eye on safety improvements through fewer distractions and less fidgeting with hands-on display screens. Cadillac offered its CUE navigation and entertainment system on select 2012 and 2013 models, but expect wider access to this groundbreaking technology option in 2014.

Similar to the Kinect gaming system from XBox, CUE recognizes and responds to hand gestures and body movements to help drivers keep their eyes on the road when performing certain requests. Perhaps a wink of the eye will turn the radio on, a head tilt can control the volume, a tap on the steering wheel changes the channel, just to name some basics. Voice-activated systems will also be prevalent in the 2014 models, as in-car technology follows the lead of the Flurry-type interactive systems used in iPhone and Droid cell phones.

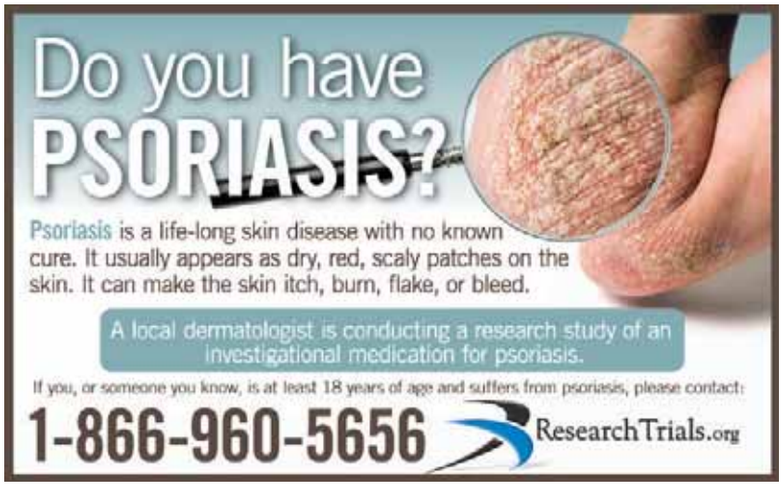
"That kind of technology is going to be a slam dunk to migrate over to cars," said Woodyard, warning that driver adaptation to these advanced systems will likely create some frustration. "This is the kind of thing that can filter down to other cars. When somebody is on the cutting-edge forefront of something, everybody else wants it."

In addition to efficiency and technology improvements, manufactures are also putting a heavy emphasis on interior and exterior styling when the 2014 models take centre stage at the Los Angeles, Calif., and Detroit. Mich., auto shows in the coming months. Woodyard said the most recognizable styling trend for the 2014 models is a return to the sloped-back look, not unlike the new Ford Fusion that stretches the roof back to the trunk.

The sloped-back design was resurrected, at least in part, by a series of cars such as the Audi A7 and Volkswagen CC. The 2014 Impala is creating much buzz after a fresh full redesign that includes this sophisticated styling as General Motors tries to re-establish relevance in the full-size sedan market, occupied by stalwarts such as the Ford Taurus, Chrysler 300 and Dodge Charger.

An improving automotive market in North America, fresh designs, hip technology and new entries in the most competitive market segments should make 2014 a trend-setting model year.

"It's all incremental but there are definitely changes taking place," Woodyard said. "If the automaker still has money, if they are not having to push (redesigns) off because they went broke, they will all stay on schedule . . . And if they really want to be bold they will try something completely new, knowing that it could be a huge hit or a huge flop. These will turn up in the auto shows, along with plenty of surprises."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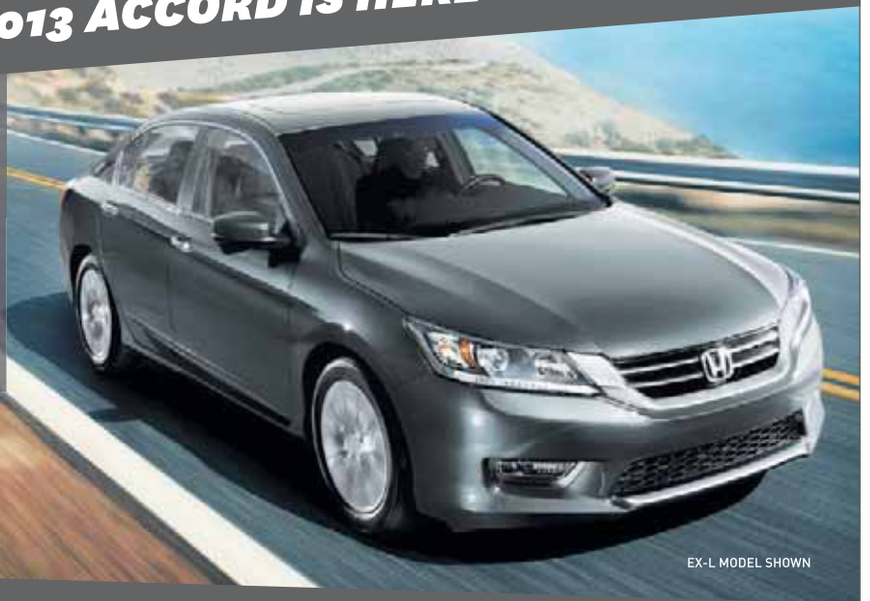

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SCAN HERE FOR MORE INFORMATION

Blistering Bloodhound could eclipse famous faller Felix in 2014

Land speed record. British team will try to beat Baumgartner's gravity-pulled speed with blue torpedo-like vehicle in the desert

AUTO PILOT
Mike Goetz
drive@metronews.ca

Want to go faster on Earth than skydiver Felix Baumgartner did returning to Earth? Then you'll have to get something like the Bloodhound rocket car. CONTRIBUTED

Like millions, I was awestruck by the images of Felix Baumgartner on the steps of his capsule, 39 kilometres above the Earth — a height that reveals the curvature of our planet and the blackness of space. Then he jumped. Wow.

His moment of release had to be one of the wildest and conflicted sensations ever experienced by a human.

But it was only the prelude. Then he accelerated to 1,342 km/h (834 mph)! That's a crazy number for a thing not attached to jet power.

It's also quite faster than the existing land speed record. A British team and its Thrust SSC rocket-car, hold the record, at 763 mph. That was over 15 years ago and speaks to how difficult is it to get a human going that fast down here on earth.

The same British team is planning another "go" in 2014, with its new rocket car, the Bloodhound. Last time they went after the sound barrier. This time they're shooting for 1,000 mph. To make that happen Bloodhound's rocket is designed to generate 27,500 pounds of thrust, the equivalent of 80,000 horsepower.

Felix Baumgartner had zero horsepower, zero thrust. His speed was simply another reminder of gravity's immense power, and another opportunity to ponder about harnessing it for our energy needs.

A gravity-engine under the hood of your Ford? Don't hold your breath. For starters, gravity engines are so far only theoretical. Apparently there are a couple of laws of physics spoiling the reality party. Secondly, these theoretical engines are taller than they are wide, for obvious reasons, and not at all cool looking. I wouldn't sign up for one on aesthetic reasons alone.

And thirdly, gravity is actually a weak force. It worked on Felix because he was so small, and the big old Earth was so big. So if we ever do use it for transportation, it would be on the mass transit side. The most bizarre concept utilizing gravity has to be the Gravity Train proposed by British scientist, Robert Hooke, sometime in the 17th century. He proposed a series of tunnels drilled through the Earth. One could connect Spain with New Zealand for example. A train entering the tunnel at either end would accelerate toward the centre of the earth, and then gradually decelerate after the halfway mark. According to Hooke's calculations, if the train operated in a frictionless environment it would reach the surface at the opposite end of the tunnel at the exact moment its speed reached zero.

Even less ambitious proposals for harnessing gravity power seem far-fetched. Most people believe that if we haven't figured it out yet, it's not going to happen. This is essentially the same argument about time travel — we never solve time travel, because no one from the past or future has visited us here in the present. I don't buy it… There was this creepy guy I saw at the mall once. I'm sure he was from the 1980s, he just didn't know it. So there's hope for gravity engines too.

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Advice

- **No feet up.** Never let passengers ride with their feet on the dash, as a deploying airbag could do severe damage to their legs.
- **When hitting the gas.** Your heel should rest on the floor when the ball of your foot is on the throttle pedal

You know all about wearing your seatbelt, but that's only half the story. Sitting in the right position is also essential to vehicle control and safety.

"The steering wheel, seatbelt, head restraint, seat, mirrors, and pedals are the key points we're trying to get across," says Silvana Aceto, spokesperson for CAA (Canadian Automobile Association) South Central Ontario. "It's important that you are seated properly to make sure you are in control when you're behind the wheel."

You should be at least 25 cm (10 inches) away from the steering wheel, which puts you at a safe distance if the airbag deploys. The wheel should be pointed at your chest, but high enough that your thigh doesn't hit it when you're moving your foot to the brake pedal. You should be able to push all pedals as far as they'll go, using the ball of your foot, not your toes.

The middle of the head restraint should be at the level of your ears, and no more than 6 cm (2.5 inches) away, to help prevent whiplash.

Put your hands at the nine and three o'clock position on the steering wheel. "For years we said 10 and two, but if the airbag is deployed and your hands are up further, they can fly back and possibly hit you in the face," Aceto says. "If you're at nine and three, your hands will fly out to the sides and decrease your risk of injury."

To minimize blind spots around your car, lean to the right until you're over the centre console or below the rearview mirror, and then adjust your right outside mirror until you can just see the edge of your vehicle. Now lean to the left, against the closed window, and do the same for the left outside mirror. Adjust the rearview mirror so you're looking out the back window.

Finally, adjust the seatbelt over your collarbone so it lies flat on your chest, and put the lap portion over your hip bones, not your abdomen.

Most cars have height adjusters where the belt attaches to the pillar so you can fit it properly. Never put the belt under your arm, where it can break your ribs. "Look for how well you fit when you're buying a vehicle," Aceto says. "There are certain ones that won't fit you, and you need to look at these things. Be sure to shop around."

CAA spokesperson Silvana Aceto demonstrates the correct way to sit. PHOTOS BY JILL MCINTOSH

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Do it white: Colour tops car charts

Top five. Silver ranks a close second followed by black, gray and red

If you bought a new vehicle this year, chances are high it was white or silver.

Twenty-two per cent of cars and trucks built for the 2012 model year have white paint, making it the most popular colour worldwide. Silver is close behind, at 20 per cent, followed by black at 19 per cent. Gray and red follow to make up the top five. White is the most popular colour for the second year in a row after overtaking silver in 2011. The annual rankings are compiled by automotive paint supplier PPG Industries Inc., a Pittsburgh-based company that provides paints to General Motors Co., Ford Motor Co., BMW AG and others.

The rankings are skewed somewhat by the large number of pickup trucks on the market. Trucks accounted for 55 per cent of North American production in the first eight months of this year, according to Ward's, which compiles automotive data. One in four pickups produced is white because business owners often use them as work trucks and paint logos on them. By comparison, 19 per cent of midsize cars made in North America are white.

White, which was also popular in the 1980s, is making a comeback as a modern, high-tech colour thanks in part to Apple Inc.'s all-white stores and glossy white gadgets, said Jane Harrington, PPG's manager of colour styling for car companies. Manufacturers are also making more varieties of white, from the flat, bright white on many vans to the pearly cream of luxury SUVs.

Spray it don't say it. ALL PHOTOS ISTOCK

Silver also rose in popularity as a high-tech colour starting in the 2000s, and remains especially popular choice in Asia. It remains in vogue because it highlights every angle of a car, Harrington said.

"Silver looks great on any design," Harrington said.

White and other "safe" colours — silver, grey and black — also got more popular during the economic downturn, as buyers stopped leasing and bought vehicles they expected to hold on to for much longer, said Michelle Killen, GM's lead colour designer for exterior paints.

They were leery of some of the more daring colours on the market, like the magenta available on the Ford Fiesta or the bright orange on the Scion iQ. "Buyers want to purchase a colour they won't grow tired of over an extended period of time," Killen said.

Colour choices vary by geography. You'll find more red vehicles in North America. Black and grey overtake silver in popularity in Europe. Drivers in Asia like tan and gold but not green. Only about seven per cent of cars in every region are blue. PPG, which also develops paints for cellphones, laptops, airplanes and houses, bases its automotive paints on trends it sees in fashion, interior design and other areas. PPG starts showing paints to carmakers three or four years ahead of a model's release, and automakers settle on colours two years before a model goes on sale.

Harrington predicts customers will see more browns and oranges over the next two years, especially on luxury cars.

Is orange your colour?

Brown - which reminds people of leather or a rich cup of coffee - evokes luxury around the world. Earthy colours are also appealing to drivers concerned about the environment.

As for the 2015 and 2016 model years, PPG is showing 64 future colour options to automakers this week. Among those are Al Fresco, a silver metallic with a green tint; Glacier, an icy grey with a violet blue tone; and Elixir, a metallic mixture of silver and magenta. THE ASSOCIATED PRESS

Or how about confident pillar box red?

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Longevity Discount – Most insurance companies offer discounts to customers who have kept a policy with them for a long period of time. Keep in mind that it doesn't hurt to shop around for quotes and compare – the savings that you could receive with another insurance company could outweigh the longevity discount.

Safety Features Discounts – Each insurance company has its own list of safety features that would qualify for a discount. Common features include installing winter tires or an approved anti-theft device. There are also standard safety features that new cars are equipped with – anti-lock brakes, front and side airbags as well as a passenger seat air bag that can turn off; making it safer for young passengers.

Good Driver Discount – It pays to keep a safe driving record. Some car insurance companies will offer a discount for keeping your driving record clean for a set number of years. In some cases, this discount may increase over time as you continue to maintain that record. The discount can be substantial in some cases.

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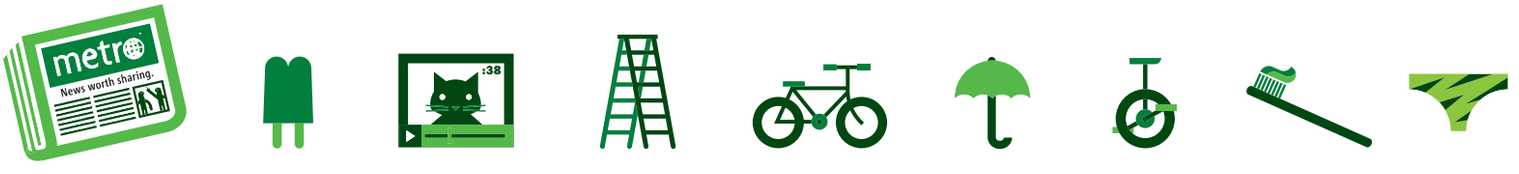

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Horoscopes

♈ Aries
March 21 - April 20
The more you do for friends and work colleagues today, the more they will do for you later on — and you will come out ahead of the game. Is that selfish? Maybe. But it's a higher kind of selfishness.

♉ Taurus
April 21 - May 21
Your task today is to focus all your attention and all your energy in a single direction. Don't let your concentration stray for even a moment. You can achieve something extraordinary, but you've got to be single-minded.

♊ Gemini
May 22 - June 21
Good things are going to happen over the next two or three days. Anything of a creative, romantic or artistic nature is under excellent stars at the moment. So, don't hold back. Give it all you've got.

♋ Cancer
June 22 - July 23
This is the ideal time to let partners and loved ones know how much you care for them. The Sun in the domestic area of your chart makes it easy for you to reveal your innermost thoughts and feelings.

♌ Leo
July 24 - Aug. 23
Get out into the world and have a good time. Meet as many interesting new people as you possibly can. Don't worry about your work. It will still be there waiting for you when you get back — if you get back!

♍ Virgo
Aug. 24 - Sept. 23
You want to buy yourself lots of pretty things, no matter how much they cost. But can you afford it? Don't spend up to your credit limit now and spend the rest of the year living on bread and water.

♎ Libra
Sept. 24 - Oct. 23
Make the most of the opportunities that come your way over the next few days. If you don't, you will hate yourself for being too slow and indecisive. Find the courage to take the kind of risks most people avoid.

♏ Scorpio
Oct. 24 - Nov. 22
You need to decide what is going to be your number one aim — and you need to get after it today and every day until you have reached your ultimate goal. What moves you? What inspires you?

♐ Sagittarius
Nov. 23 - Dec. 21
The more you work with those who share your aims and ideals, the more of a positive effect you will have on the world around you — and the more fun you will have.

♑ Capricorn
Dec. 22 - Jan. 20
You are about to be tested and challenged like never before. Do you have what it takes to confront your inner demons? Do you have the strength to battle them and overcome them? Of course you do.

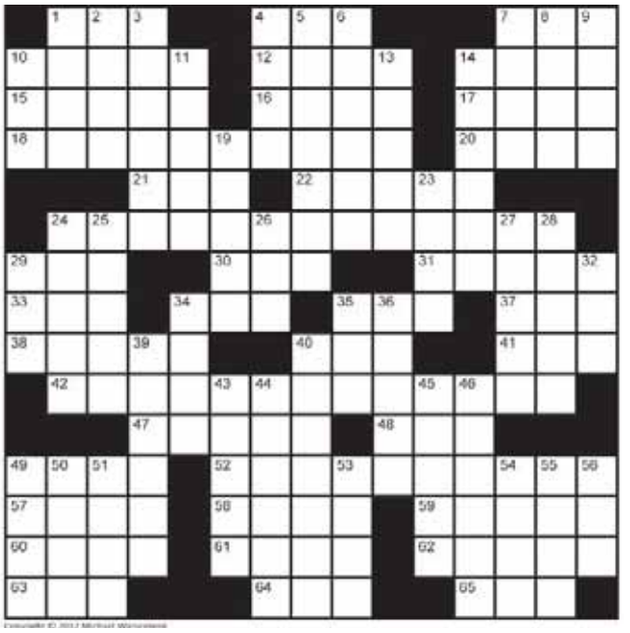
♒ Aquarius
Jan. 21 - Feb. 19
You have got to stand up for what you believe. Unless you are clear in your own mind what it is that's worth fighting for, you won't be able to persuade others to fight for it too. They need you to lead.

♓ Pisces
Feb. 20 - March 20
There seems to be a lot of deception and trickery going on at the moment, so it will pay you to be on your guard. Anyone who promises you the world for a small investment is either mad or bad — or both.

SALLY BROMPTON

A Range, a City, a Group, a Province

BY MICHAEL WIESENBERG



Across

1. Existed
4. Chicken ___ king (2 wds.)
7. By what means
10. African animal whose full name means "river horse"
12. Ship's spar
14. Mentally sound
15. Syrian president Bashar al-___
16. *Free Willy* star
17. French islands
18. They form the Alberta-BC border (2 wds.)
20. Exam
21. Wed. preceder
22. Playful caper
24. PEI city known as "The Birthplace of Confederation"
29. Corrida cheer
30. ___ Vegas
31. Comment made while fanning oneself (2 wds.)
33. Day's coolest temperature
34. "Shame on you!"
35. Parliamentarians, for short
37. 7th Greek letter (looks like an H)
38. "___ circumstances beyond our control ..." (2 wds.)
40. Alumna bio word
41. Small drink of liquor
42. Rock band from Kingston, Ontario, nine of whose albums have reached #1 in Canada; with "The" (2 wds.)
47. Native New Zealander
48. Duo
49. Country road
52. Maritime Province (2 wds)
57. Great poker start
58. Baker's frosting tool
59. Add ___ of salt: recipe direction (2 wds.)
60. Canadian Liberal, familiarly
61. Adorable
62. Farm storage buildings
63. Poivre tablemate
64. Ocean
65. Santa's helper

Down

1. Desire
2. Altar end of church
3. Aggressive ancient Greek city-state
4. Violently frenzied
5. Cowboy ropes
6. Climber's task
7. ___ and hearty: able-bodied
8. Single units
9. BC's Coast
10. Chapeau
11. Smell
13. Delicate discrimination
14. Funny TV series, for short
19. Jail units
23. Response to "Can that be true?" (2 wds.)
24. Influence, as in politics
25. Tree cutter
26. Acorn dropper
27. "___ Was Young": Animals hit (2 wds.)
28. What a dissatisfied diner may leave (2 wds.)
29. Stale
32. Open, as a keg
34. Greek garb
35. *Mad Max* actor Gibson
36. Animal skins
39. Least thrilling
40. Artless simplicity
43. Classical architecture style dating back to ancient Greece
44. Early spring bloomer
45. Workout spots for women, for short
46. Sweatshirt with a top
49. Brings up the rear
50. 4,047 square metres
51. Toronto-born rocker Young
53. Carpet measurement
54. Exaggerated, as a story
55. "That ___ no concern to you": "None of your business" (2 wds.)
56. Satisfied sounds

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	9	3	5		4			8
		6	9	1	7			
	2		3					
		5				4	8	1
7	6	4				2		
					9		7	
			1	8	3	5		
6			7		2	1	4	

Yesterday's Sudoku

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FOR A LIMITED TIME ONLY

kia.ca

2012 RONDO

INCLUDES $750 LIMITED TIME CASH BONUS^

WAS ~~$23,178~~

$6,250‹ CASH SAVINGS

CASH PURCHASE PRICE FROM $16,928‹

HWY: 7.5L/100KM
CITY: 10.6L/100KM

Rondo EX-V6 Luxury shown△

Includes delivery, destination and fees of $2,183, $5,500 in cash savings‡ (trading dollars) and $750 in cash bonus. **BASED ON A PURCHASE PRICE OF $23,178.** Offer based on 2012 Rondo LX with AC.

2012 OPTIMA HYBRID

HWY (A/T): 4.9L/100KM
CITY (A/T): 5.6L/100KM

WAS ~~$32,583~~

WELL-EQUIPPED FROM $26,883‹

INCLUDES $5,700 IN CASH SAVINGS

Offer includes delivery, destination and fees of $1,988, **$1,000 ECO-CREDIT›** and **$4,700 cash savings‡**. **BASED ON A PURCHASE PRICE OF $32,583.** Offer based on 2012 Optima Hybrid base.

Optima Hybrid Premium shown△

2012 OPTIMA

HWY (A/T): 5.6L/100KM
CITY (A/T): 8.6L/100KM

OWN IT FROM $135≠ BI-WEEKLY

AT 1.49% APR

FOR UP TO 60 MONTHS

INCLUDES 3 MONTHLY PAYMENTS ON US¥

bi-weekly for 60 months, amortized over 84 months with $1,750 down payment. $6,917 remaining balance. Offer includes delivery, destination and fees of $1,988 and **$1,200** "3 payments on us" savings¥. **BASED ON A PURCHASE PRICE OF $26,283.** Offer based on 2012 Optima LX AT.

Optima SX Turbo shown△

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see dealer for details

Kia's new Customer Friendly Pricing includes delivery and destination fees and all mandatory government levies. Prices do not include licensing, PPSA or applicable taxes.

KIA
The Power to Surprise

Offer(s) available on select new 2012/2013 models through participating dealers to qualified customers who take delivery by October 31, 2012. Dealers may sell or lease for less. Some conditions apply. Offers are subject to change without notice. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers exclude licensing, registration, insurance, other taxes and down payment (if applicable and unless otherwise specified). Your local dealer may charge additional fees for an administration fee that can range from $0 to $699. Other lease and financing options also available. **0% purchase financing is available on select new 2013 Kia models on approved credit. Terms vary by model and trim, see dealer for complete details. Representative financing example based on 2013 Sportage 2.4L LX MT FWD (SP551D) with a selling price of $24,528 [includes delivery and destination fees of $1,650, $750 loan savings, tire recycling and filter charges of $34, OMVIC fee, variable dealer administration fees (up to $399), environmental fee and A/C charge ($100, where applicable)] financed at 0.9% APR for 48 months. Monthly payments equal $236 per payment with a down payment/equivalent trade of $1,899. License, insurance, applicable taxes, PPSA and registration fees are extra. Retailer may sell for less. See dealer for full details. ♦"Don't Pay for 90 Days" on select new models (90-day payment deferral) applies to purchase financing offers on select 2012 and 2013 models on approved credit (2012/2013 Sportage/Sorento/Sedona excluded). No interest will accrue during the first 60 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. ¥"3 Payments On Us offer is available on approved credit to eligible retail customers who finance or lease a select new 2012 Soul 1.6L MT/2012 Soul 1.6L AT/2012 Optima/2013 Optima/2012 Sorento/2013 Sorento/2013 Forte Sedan/2013 Forte Koup/2013 Forte5 from a participating dealer between October 1 – October 31, 2012. Eligible lease and purchase finance (including FlexChoice) customers will receive a cheque in the amount of three payments (excluding taxes) to a maximum of $350/$350/$400/$400/$550/$550/$350/$350/$350 per month. Lease and finance (including FlexChoice) purchases are subject to approved credit. Customers will be given a choice between up to $1,050/$1,050/$1,200/$1,200/$1,650/$1,650/$1,050/$1,050/$1,050 reductions from the selling/leasing price after taxes or dealer can issue a cheque to the customer. Some conditions apply. See your dealer for complete details. Offer ends October 31, 2012. ‹Cash purchase price for 2012 Rondo LX with AC (RN750C)/2012 Optima Hybrid base (OP744C) is $16,928/$26,883 and includes a cash savings of $5,500/$4,700 (which is deducted from the negotiated selling price before taxes and cannot be combined with special lease and finance offers), $0/$1,000 ECO-credit, $750/$0 cash bonus, delivery and destination fees of $1,650/$1,455, tire recycling and filter charges of $34, OMVIC fee, variable dealer administration fees (up to $399), environmental fee and A/C charge ($100, where applicable). License, insurance, applicable taxes, PPSA and registration fees are extra. Based on the Manufacturer Suggested Retail Price of $23,178/$32,583. Retailer may sell for less. See dealer for full details. Available at participating dealers. ‡Rondo Cash Bonus offer is available to qualified retail customers who purchase/finance or lease a new 2012 Kia Rondo (Cash Bonus of $750) from a participating dealer between October 1 and October 31, 2012 and will be deducted from the negotiated purchase/lease price before taxes. Lease and finance offers are on approved credit. Some conditions apply. See your dealer for complete details. ›ECO-Credit for 2012 Optima Hybrid is $1,000 (deducted before taxes) and is applicable to the purchase or lease of a new 2012 Kia Optima Hybrid. Available at participating dealers. Certain restrictions apply. See dealer for details. ‡$4,700 cash savings on the cash purchase of an eligible new 2012 Optima Hybrid from a participating dealer between October 1 – October 31, 2012. Cash savings is deducted from the negotiated selling price before taxes and cannot be combined with special lease and finance offers. Some conditions apply. See your dealer for complete details. ≠Bi-weekly finance payment (on approved credit) for new 2012 Optima LX AT (OP742C) based on a selling price of $26,283 is $135 with an APR of 1.49% for 60 months, amortized over an 84-month period. Estimated remaining principal balance of $6,917 plus applicable taxes due at end of 60-month period. Offer includes $1,200 "3 payments on us" savings, delivery and destination fees of $1,455, tire recycling and filter charges of $34, OMVIC fee, variable dealer administration fees (up to $399), environmental fee and A/C charge ($100, where applicable). License, insurance, applicable taxes, PPSA and registration fees are extra. Retailer may sell for less. See dealer for full details. △Model shown Manufacturer Suggested Retail Price for 2012 Rondo EX V6 Luxury (RN75BC)/2012 Optima SX Turbo (OP748C)/2012 Optima Hybrid Premium (OP748C) is $29,945/$35,450/$37,250 and includes delivery and destination fees of $1,650/$1,455/$1,455, environmental fee and A/C charge ($100, where applicable). License, insurance, applicable taxes, variable dealer administration fees (up to $399), tire recycling and filter charges of $34, OMVIC fee, PPSA and registration fees are extra. Retailer may sell for less. See dealer for full details. Available at participating dealers. ^Highway/city fuel consumption is based on the 2012 Rondo 2.4L MPI 4-cyl/2012 Optima 2.4L GDI 4-cyl (A/T)/2012 Optima Hybrid 2.4L MPI 4-cyl (A/T). These estimates are based on Transport Canada's approved criteria and testing methods. Refer to the Government of Canada's *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. Some conditions apply to the $500 Grad Rebate Program. See dealer or kia.ca for details. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. KIA is a trademark of Kia Motors Corporation and Kia Canada Inc. respectively.